June 2025
DHS15

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goodFOOD

EST 1989 MIDDLE EAST

Summer love-in!

- Hot honey halloumi burger with charred pineapple salsa
- Smashed beef kofte tacos
- Strawberry & elderflower tiramisu

A to Z *on cooking oils*

FATHER'S DAY BBQ SPECIAL

WORKSHOPS TO SPARK YOUR CULINARY CREATIVITY

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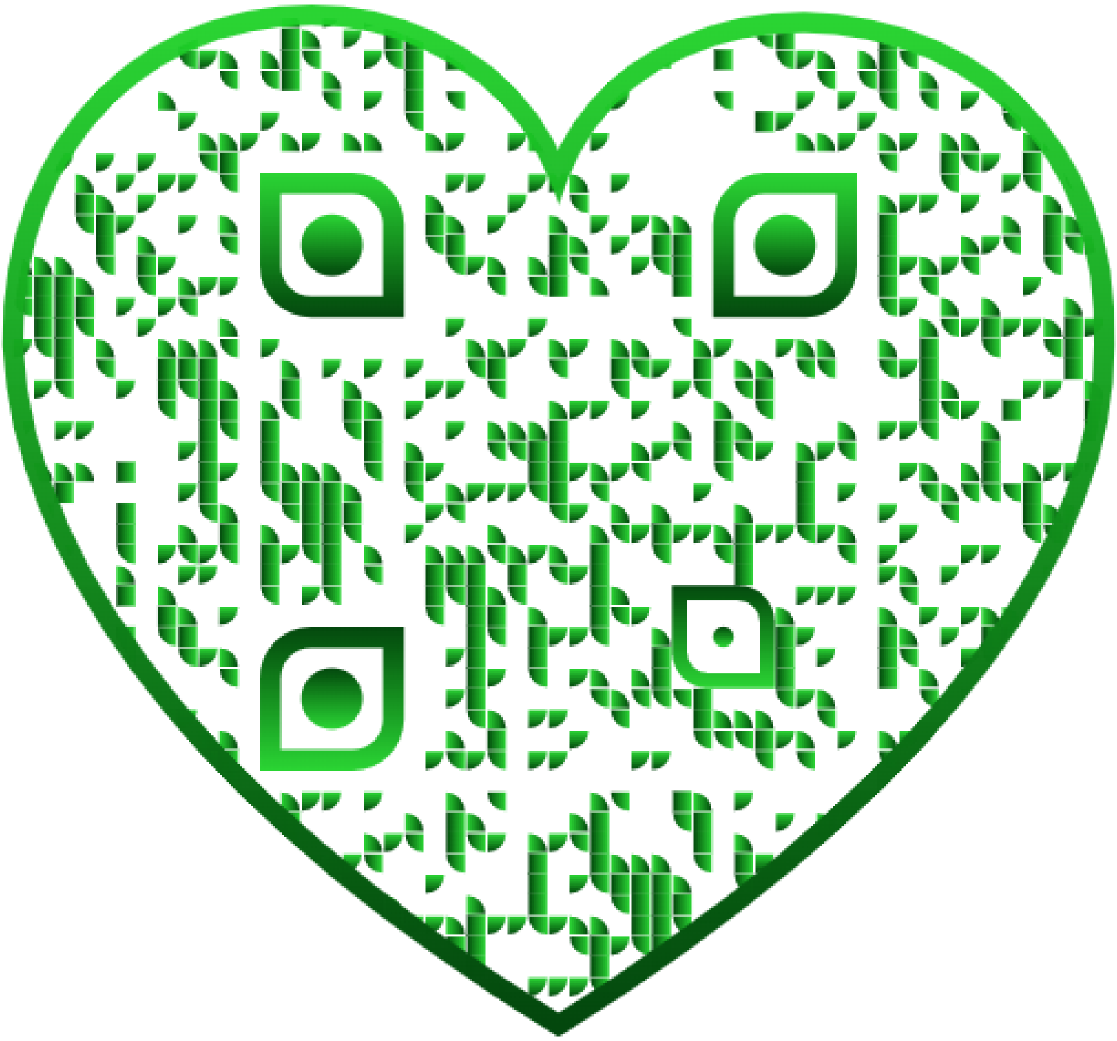

MICHELIN GUIDE

Passion F&B Group Celebrates Historic Triumph at MICHELIN Guide Dubai 2025

Passion F&B celebrates a historic milestone as Trèsind Studio becomes the world's first Indian restaurant to earn three MICHELIN Stars marking a groundbreaking moment in the 125-year history of the MICHELIN Guide. This recognition reflects the creative spirit and excellence across the group. In the MICHELIN Guide Dubai 2025, Trèsind Dubai, Trèsind Studio, Avatara, Carnival by Trèsind, Revelry, and Bistro Aamara were honored, reaffirming Passion F&B's position as a regional leader.

Trèsind Studio

Welcome!

With Father's Day just around the corner, it's time to fire up the grill and show Dad some love with bold, flavour-packed food. Turn to page 44 for our sizzling line-up of barbecue specials, including the showstopping BBQ tenderloin kebabs with orange, rosemary and garlic dressing that's sure to impress.

This summer, we're giving a classic dessert a fresh, floral twist. Meet our dreamy cover star, Strawberry & elderflower tiramisu (p58) - light, luscious and perfect for picnics, parties or simply indulging in a spoonful on a warm evening. In the veg patch, courgettes are having their moment. Whether spiralised, stuffed, chargrilled or served raw with a zesty dressing, we've got bright and beautiful ways to make the most of this seasonal favourite (p60).

We're also delighted to introduce new features in this issue. Our A to Z guide on cooking oils will help you choose the right type for every dish – from frying and roasting to finishing with flair (p90). Looking to sharpen your kitchen skills? Turn to page 8 to pick a culinary workshop in the UAE, where expert chefs share hands-on techniques and tips to elevate your everyday cooking.

For those looking to eat with wellbeing in mind, explore the nutrient-rich foods you need to be eating for heart health (p96). And if you're ready to feel your best this summer, our seasonal plan is here to support you in boosting body confidence – with food that makes you feel good inside and out (p100).

Happy reading!

Nicola Monteath

Editor

Signature Selections from the team

BBQ peach panzanella

Liz Smyth, Group Sales Director

Air fryer chicken parmigiana

Gill Fairclough, Sales Director

Hot honey halloumi burger with charred pineapple salsa

Blanche D'mello, Assistant Editor

Curry leaf chicken legs with salted egg yolk sauce

Froilan Casgafa, Designer

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COMPETITIONS

115 GIFT VOUCHERS, MEALS AND PLENTY MORE

Our recipe descriptions

V Suitable for vegetarians.

❄ You can freeze it.

~~❄~~ Not suitable for freezing.

Easy Simple recipes even beginners can make.

A little effort These require a bit more skill and confidence – such as making pastry.

More of a challenge Recipes aimed at experienced cooks.

Low fat 12g or less per portion.

Low cal 500 calories or less per main.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.

Good for you Low in saturated fat, low in salt.

Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

1 of 5-a-day The number of portions of fruit and/or veg contained in a serving.

Vit C **Iron** **Omega-3** **Calcium** **Folate** **Fibre**
Indicating recipes that are good sources of useful nutrients.

GLUTEN FREE Indicates a recipe is free from gluten.

Some recipes contain pork. They are clearly marked and are for non-Muslims only. Look for this symbol:

P Contains pork.

gF MIDDLE EAST

Your Say

We love hearing from you!

star letter

What I enjoyed most about this month's issue was the delightful array of seasonal recipes that perfectly capture the essence of spring in the Middle East. The innovative twists on traditional dishes provided fresh inspiration for my kitchen adventures. Additionally, the spotlight on local dining destinations offered valuable insights into the region's vibrant culinary scene. The magazine's blend of mouth-watering visuals and engaging content made it a truly enjoyable read.

Zakir Hussain

I really appreciated how this month's issue featured meals that are both easy to prepare and time-efficient. I especially liked the inclusion of recipes that can be made in advance, frozen, and enjoyed later - perfect for busy schedules and meal planning.

Maristelle Borromeo

I really enjoyed the solo-friendly Spring recipes in this month's issue - especially the asparagus and potato frittata. As someone living alone in Dubai, quick seasonal meals like this make cooking feel less like a chore, and more like a treat.

Lucy Skelton

WIN A SUMMER HIGH TEA FOR FOUR AT MOSAICO, PALAZZO VERSACE DUBAI, WORTH OVER AED750

Indulge in a luxurious Summer High Tea for four at Palazzo Versace Dubai's Mosaico, inspired by the Amalfi Coast. Savour Mediterranean-style bites, handcrafted sweets, and freshly baked scones with clotted cream and jam. Presented on a bespoke Versace stand, each tier is a visual and culinary delight. Enjoy an elegant afternoon in the stunning lobby with views over Dubai Creek.

To send in your Star Letter and win this prize, visit the Competitions page on **bbcgoodfoodme.com**

TALK TO US!

Email us on ***feedback@bbcgoodfoodme.com***
with your thoughts and comments, and send us your photos with your copy of Good Food ME!

You can also connect with us on social media! Find us on: ***@goodfoodmiddleeast***

Or, you could write to us at: The Editor, Good Food Middle East. Office 1307, DSC Tower, Dubai Studio City, Dubai, United Arab Emirates, PO Box 13700.

Photographs SUPPLIED

Morning routine

I truly believe your morning sets the tone for the rest of the day, so I always start with a Joe Dispenza meditation – it helps me centre my thoughts and set clear intentions. Then I take my Cymbiotika supplements, and of course, there's always a hot cup of saffron and rose tea. It's my favourite little ritual – calming, fragrant, and such a comforting start to the day.

Go-to takeaway

I love Bowlful for clean, organic meals – it's my go-to when I want something nourishing but fuss-free. If I'm craving comfort food, the spicy duck pizza from Funkcoolio is hard to beat. And for something sweet, it's always a fruit Boba tea from YiFang or a creamy matcha soft serve.

Top Culinary Destination

Iran. From Tavozo's dried fruits and nuts to Kabbabs and street foods like Ash. Don't miss the pomegranate juice stands or saffron ice cream with Faloodeh. And a visit to one of my favourite Attaris is a must – part spice shop, part herbal pharmacy.

Listening to...

A lot of live talks by Joe Dispenza. His approach to mindset and energy resonates with me. I often have one playing in the background while I'm cooking, walking, or just having a quiet moment to myself.

LOCAL ICON

Ariana Bundy is an award-winning Iranian-American chef, author, and television host renowned for bringing Persian cuisine to a global stage. Her acclaimed cookbook Pomegranates & Roses received a Gourmand Award.She also authored Sweet Alternative, the first dessert cookbook entirely free from gluten, dairy, and soy. Today, she heads the MICHELIN-listed Ariana's Persian Kitchen at Atlantis The Royal, Dubai.

CHEF'S TABLE
LEGENDS

If You Could Dine from One TV Series Only...

Chef's Table: Legends – it beautifully showcases nearly every cuisine... except Persian. At least, not yet!

Drink Order

Kashani Lemonade – fresh lemon juice, agave nectar, rose water, and chia seeds. It's my signature drink at Ariana's Persian Kitchen; light, floral, and just the right amount of refreshing. And if I need a little pick-me-up, it has to be a Karak chai!

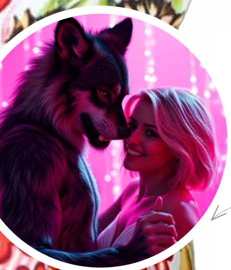
One Dish You Love Creating

Anything I can top with Iranian Beluga – from Wagyu Kabbab to homemade potato chips, even ice cream. It's indulgent, a little unexpected and always a showstopper.

Pantry Staples

Saffron, an excellent olive oil, and dill pickle powder - my current obsession. I use it in salad dressings, potatoes, chicken, dips, and even eggs.

On my playlist



I've been diving into Iranian music lately – it's something I didn't grow up with, so it feels like rediscovering a part of myself. One of my favourite songs right now is Mi Amor by Artaa & Saaren.

Image credit: Farzad Abdollahi / Shutterstock.com

MERRY CHRISTMAS

A VERY MERRY MID-SUMMER BRUNCH

Yalumba's one-of-a-kind brunch brings festive cheer this summer

HAPPY
Summer
XMAS

There's nothing quite like the joy of the festive season—unless, of course, it comes wrapped in sunshine. This June, Yalumba at Le Méridien Dubai Hotel & Conference Centre is turning tradition on its head, serving up a festive feast with a sun-soaked, summery twist.

Mark your calendars for Sunday, June 22, 2025. Brunch lovers are invited to celebrate the festivities in the most unexpected way — with a Mid-Summer Christmas Brunch from 1-4pm — brimming with festive flair. Expect whimsical décor, lively entertainment, and a lavish spread featuring all the seasonal classics including roast turkey, gammon ham, Yule logs, Christmas puddings, mince pies, and all the typical trimmings that evoke the spirit of the holidays. Raise a toast to the halfway mark of the year with free-flowing themed cocktails, sparkling grapes, bottled hops, and premium spirits.

As the afternoon unfolds, Yalumba's house DJ will spin iconic tunes from the '80s and beyond, while Santa makes a surprise appearance, spreading cheer through interactive fun for guests of all ages. Don't forget to don your most dazzling festive attire, as the best-dressed guest will win a brunch voucher for two adults and two kids. The merriment doesn't end at dessert. Stay back for Happy Hour from 4-6pm, with 20% off à la carte prices to keep the festive feeling going a little longer.

Whether you're a homesick expat or a brunch-goer on the hunt for something unique, Yalumba's Mid-Summer Christmas Brunch brings forth festive flavours, joyful vibes and holiday magic.

Pick your brunch style

AED250 – Soft drinks
AED375 – Pouring package
AED725 – Premium Bubbly
AED115 – Kids (6–12 years)

RESERVE YOUR SPOT

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Follow: @YalumbaDubai on Instagram and Facebook.

Learn, Cook, Create

Get hands-on in the kitchen with the UAE's top cooking classes and culinary workshops

Whether you're a novice or a seasoned home cook, there's always room to sharpen your skills. Master essential techniques, explore global cuisines to broaden your palate and spark creativity, and embrace new ingredients and cooking styles, all through these culinary workshops.

Al Khayma Heritage Cooking Class
Set in a restored courtyard house in Al Fahidi, Al Khayma teaches traditional Emirati dishes over a three-hour class. Learn to prepare chicken machboos, regag bread and sweet luqaimat, accompanied by cultural storytelling in an evening-class format.

Al Fahidi Historical District. Visit alkhayma.com/experience/dinner-cooking-classes-at-al-khayma-heritage-restaurant-dubai or contact +97155 403 0943.

Apron Stories
Nestled in Al Raha Mall, Apron Stories offers hands-on sessions for adults and children with a strong focus on nutrition, covering the five-a-day fruit and vegetable guideline and the difference between "good" and "bad" fats. Ladies-only workshops and birthday-party packages are also available.

Al Raha Mall, Al Raha Beach. Visit apronstories.ae or contact +97150 628 1198.

Cozymeal Abu Dhabi
Coming soon! Connect with local chefs for small-group, hands-on workshops in dishes ranging from Arabic mezze to French pastries and Japanese sushi. Each class is tailored to the chef's speciality and your group's interests.

Timings and venues vary. Visit cozymeal.com/ae/abu-dhabi

École Ducasse Abu Dhabi Studio

Part of the internationally renowned Ducasse network, this studio offers professional and amateur courses in pastry, chocolate and contemporary Emirati cuisine. All classes take place in a purpose-built teaching kitchen under experienced instructors. Two-hour sessions are also available for children aged six and above.

Cultural Foundation, Al Hosn. Visit abudhabi-ecoleducasse-studio.ae or contact +9712 566 9885.

Eataly Cooking School

Based inside Eataly outlets, these classes explore regional Italian cooking—from fresh pasta to classic desserts—with each session led by trained chefs, after which you can relax and enjoy your creation.

Dubai Mall, Festival City and Dubai Hills outlets. Visit eatalyarabia.com/classes-and-events or contact +9714 330 8899.

Culinary Boutique

Set within an elegant Jumeirah villa, Culinary Boutique runs over 100 courses, including beginner baking and advanced savoury techniques, in a light-filled café-bakery setting.

Villa 56, Jumeirah 1.
Visit culinaryboutique.com or contact
+9714 345 0023.

ICCA Dubai – International Centre for Culinary Arts

ICCA delivers City & Guilds-accredited diploma programmes alongside intensive masterclasses in culinary arts, pastry and artisanal foodcrafts. All training takes place in state-of-the-art professional kitchens under the mentorship of veteran chefs.

Dubai Knowledge Park. Visit iccadubai.ae or contact +9712 566 9885.

Mamalu Kitchen

Mamalu Kitchen's family-friendly classes emphasise nutritious, home-style cooking. Sessions cater to parents, children, nannies and corporate groups, with themed workshops throughout the year.

Depachika Food Hall, Nakheel Mall, Palm Jumeirah. Visit mamalukitchen.com or contact +97152 747 9512/+97158 530 1399.

Top Chef Cooking Studio

Housed in a converted villa on Jumeirah Beach Road, Top Chef provides small-group classes for adults and children, plus private events and corporate team-builds covering various cuisines and seasonal themes.

Villa 196, Jumeirah Beach Road, Jumeirah 1. Visit topchefdubai.com or contact +9714 385 5781.

Flavours of the month

What's hot and happening around town this month

INA

Now open at J1 Beach Dubai, this fire-focused dining concept is rooted in primal techniques such as grilling, smoking, and roasting, with a menu that spotlights seasonal produce. Featuring an open-flame kitchen, curated concoctions, and a warm ambience, the space offers an immersive experience that shifts from coastal calm to energetic evenings. From tomato carpaccio and Fremantle octopus to Kamchatka crab rice and Silver Hill duck, each dish is a celebration of the raw beauty of cooking with fire.

Visit ina-restaurants.com.

TUTTO PASSA

TUTTO PASSA

Gather loved ones for an all-new brunch experience at Tutto Passa, where the Amalfi Brunch brings the spirit of Italy to Delano Dubai every Sunday. Enjoy a leisurely afternoon filled with authentic Italian flavours, from fresh seafood and handmade pastas to Roman-style pizzas and indulgent desserts. With live music setting the mood and fun activities for kids, it's a family-friendly escape to end the weekend.

From AED375 per adult. AED150 for kids between 4-12 years old. Contact +9714 556 6466.

INA

Photographs SUPPLIED

CREPA CREPA

This Greek-born creperie has officially opened its first UAE location at My City Centre Masdar in Abu Dhabi. Known for its thin, crisp crepes and indulgent sweet and savoury creations, the new outpost brings an authentic European street food experience to the capital. Guests can enjoy freshly prepared crepes, pancakes, and waffles, with highlights including creamy chicken Philly, four-cheese crepes, and decadent treats like white chocolate Oreo and praline banana.

Visit crepacrepa.love/en

ROKA DUBAI

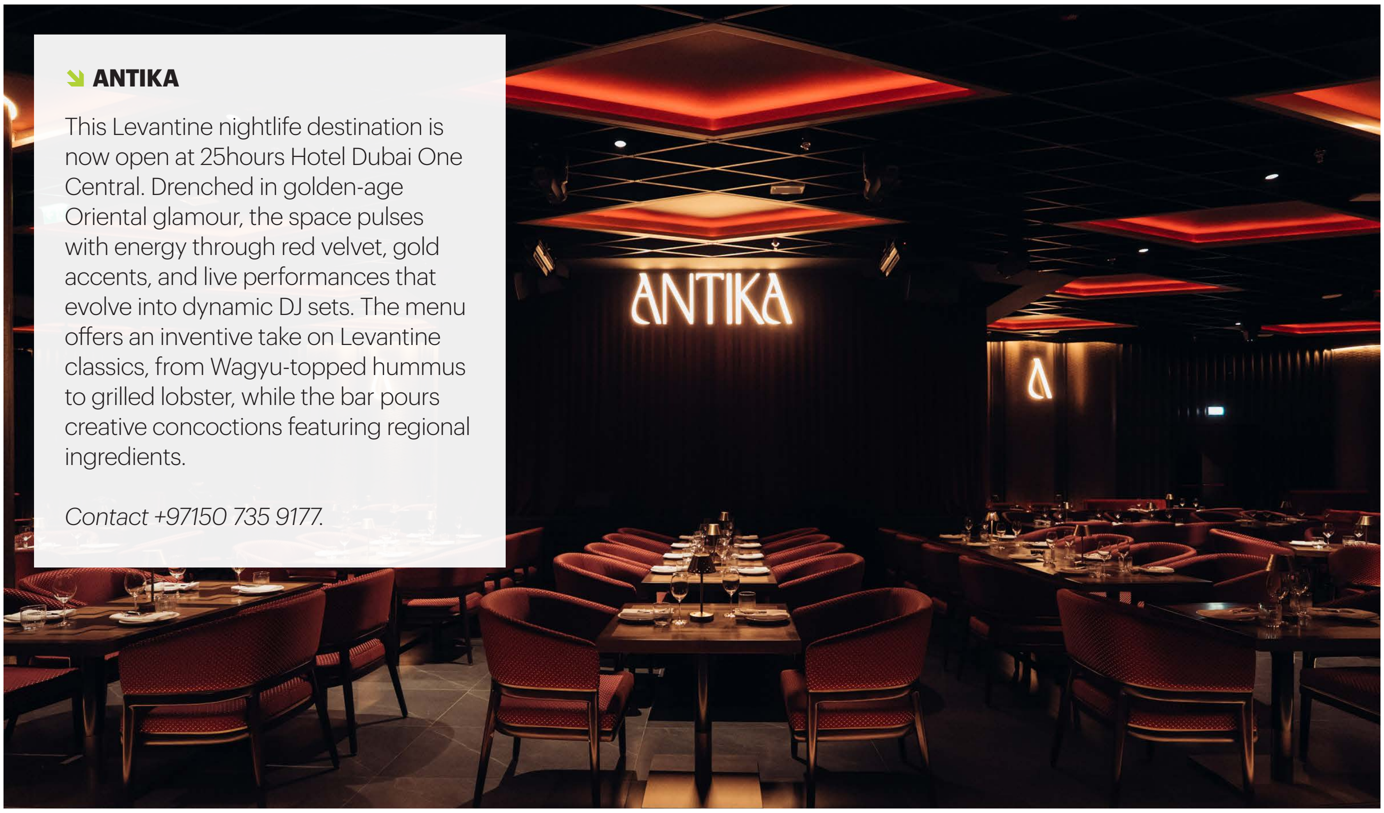
Located in Business Bay, ROKA introduces its new Family Brunch, a vibrant Saturday experience where adults can unwind over signature Japanese dishes while children enjoy a dedicated play area filled with games, toys, and live entertainment. The spread features live stations of starters, soups, makis, nigiris, and robata grill favourites, with mains served to the table and an option to upgrade to premium selections.

Every Saturday, from 12:30-4pm. Contact +9714 439 7171.

CULINARA

Culinara Social Dining has officially opened at The Link, One Za'abeel, becoming the world's highest food hall at 100 metres above ground. This culinary collective unites 12 original homegrown concepts under one roof, from modern Greek-Mediterranean by Chef Sperxos and inventive ramen and pizza by Reif Othman, to refined Persian at Seiran and cherished Levantine recipes at Joumana's Table. With a wellness-led café, a stylish central bar, gourmet retail by TruffleManDubai, and the UAE's highest bottle store, Culinara needs to be on your radar.

Visit thelinkdubai.com.



ANTIKA

This Levantine nightlife destination is now open at 25hours Hotel Dubai One Central. Drenched in golden-age Oriental glamour, the space pulses with energy through red velvet, gold accents, and live performances that evolve into dynamic DJ sets. The menu offers an inventive take on Levantine classics, from Wagyu-topped hummus to grilled lobster, while the bar pours creative concoctions featuring regional ingredients.

Contact +97150 735 9177.

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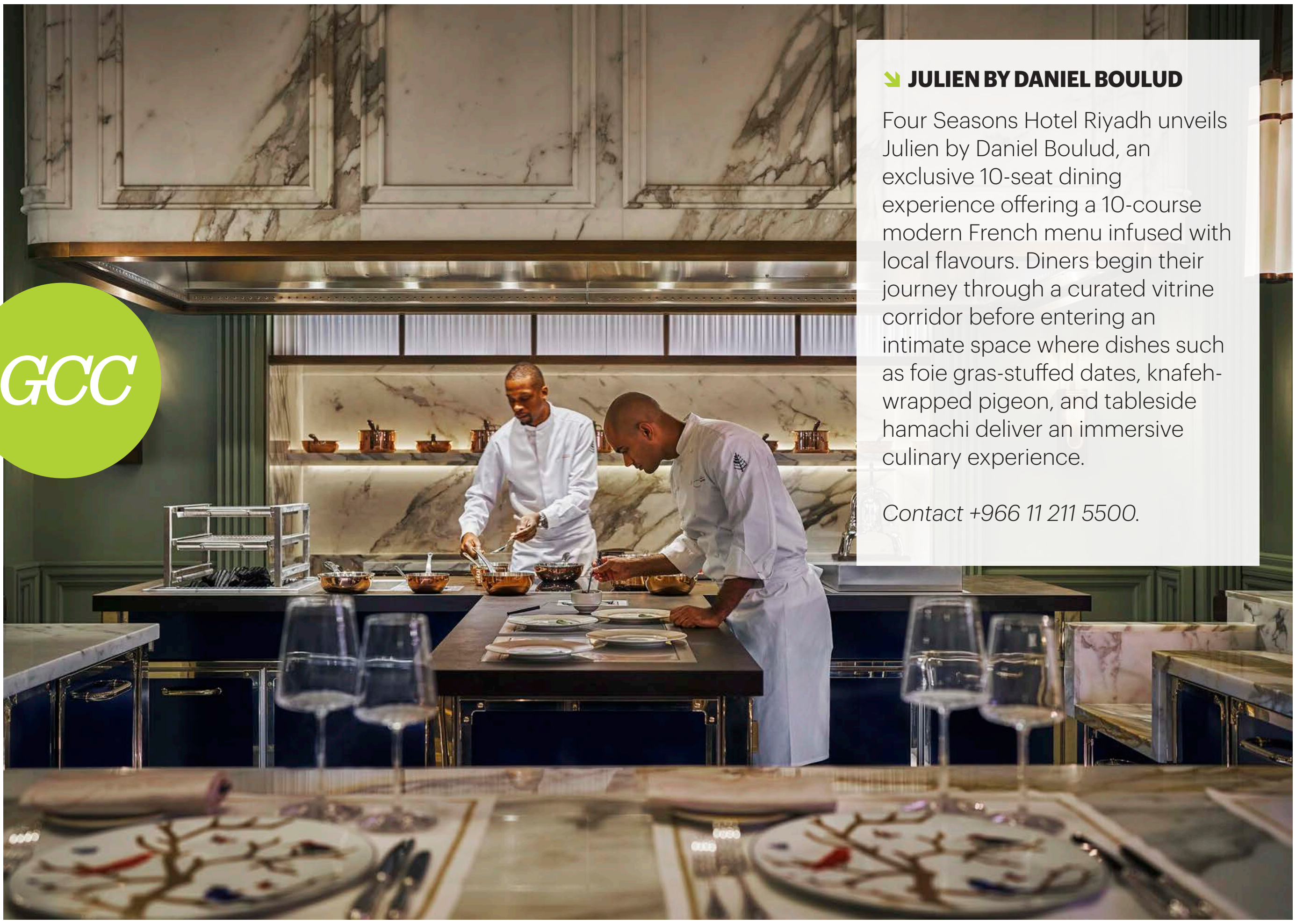

GCC

JULIEN BY DANIEL BOULUD

Four Seasons Hotel Riyadh unveils Julien by Daniel Boulud, an exclusive 10-seat dining experience offering a 10-course modern French menu infused with local flavours. Diners begin their journey through a curated vitrine corridor before entering an intimate space where dishes such as foie gras-stuffed dates, knafeh-wrapped pigeon, and tableside hamachi deliver an immersive culinary experience.

Contact +966 11 211 5500.

Your Beachfront Holiday Awaits on Palm Jumeirah

Experience refined comfort at Adagio Premium The Palm.
Located on Dubai's iconic Palm Jumeirah, our serviced apartments offer spacious living, beach access, and thoughtful amenities, perfect for extended stays or business travel.

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A Slice of Paradise on Palm Jumeirah

Adagio Premium The Palm boasts chic serviced apartments, private beach access and breathtaking rooftop panoramas

For more information, contact +9714 281 3813
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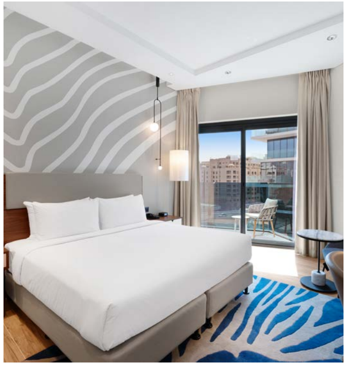
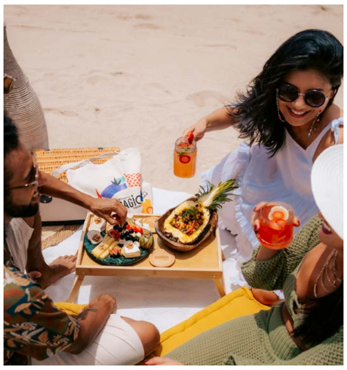
Sun-soaked days and comfort await at Adagio Premium The Palm—your grand residence on Dubai's iconic Palm Jumeirah. Nestled in the heart of Palm Jumeirah, our chic studios and one-bedroom apartments blend the freedom of home with five-star indulgence.

Wake up to golden sands on our private stretch of Palm West Beach, and head to the fitness centre and rooftop pool terrace after for a refreshing plunge with unrivalled views of Burj Al Arab and Burj Khalifa in the distance. Each light-filled apartment features a fully equipped kitchen and in-suite laundry, perfect for whipping up homemade delights or late-night snacks after a day of desert adventures.

Fuel Your Journey

At Fixie, our industrial-chic neighbourhood café, savour artisan barista coffees, craft-your-own green smoothies, and choose from a hearty array of homemade dishes. Join us for an all-day breakfast, unwind with premium mocktails, and let little ones explore our signature weekend Kids' Club.





Tried & tasted

Our top dining experiences this month

DELANO DUBAI

Set along a quiet stretch of Bluewaters Island, Delano Dubai offers a rare sense of space with 250 meters of uninterrupted beachfront and open views of the Arabian Gulf.

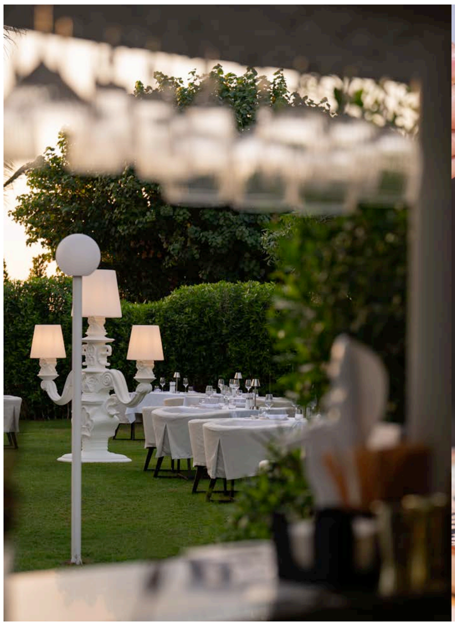
Dinner at Blue Door took place in the gardens, where round tables dressed in white linen are arranged under trees, creating an open and peaceful outdoor space. The dining room inside follows a similar tone, with soft lighting and curved seating. After the meal, we also headed out to Rose Bar, where the all-over rose-coloured lighting casts a warm glow across the space. The atmosphere is calm but full of energy, with low seating, glass surfaces and thoughtful details that hold your attention without competing for it.

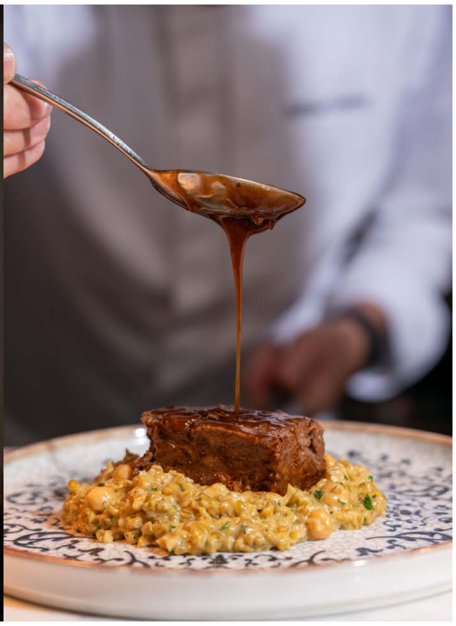
The highlights

The meal opened with a thoughtful lineup of starters. The Hatay Humus was smooth and nutty, its base of chickpeas blended with tahini, lemon juice, garlic and cumin, then finished with olive oil. The Roka Salad was crisp and slightly bitter from the rocket leaves, balanced by sweet tomato, soft crumbles of Turkish Ezine cheese and toasted walnuts. A sharp pomegranate and lemon dressing cut through the richness of the table's other dishes. The Atom, a blend of charcoal-grilled eggplant and garlic yoghurt, was topped with sautéed dried chilli peppers.

The Közde Ahtapot followed, with grilled octopus arranged beside grilled potato, garlic and sun-dried tomato. The octopus had a firm but tender bite and came together with a subtle smokiness. A dish we highly recommend while visiting the venue.

From the mains, the Adana brought heat and depth, with minced lamb grilled over charcoal and served with vegetables that absorbed the meat's spice. The Dana Lokum took a different direction, offering grilled beef medallions over chickpeas and beans. The za'atar chimichurri on top added a fresh, herbal note that lifted the dish. As a side, the Mersin Patatesi delivered crisp potatoes tossed in sumac and herbs, with a thick yoghurt dip that added a cooling element.





We paired our mains with the Passion Fizz, a mix of ginger ale and passion fruit that was light and sweet. The Lychee Sips combined watermelon, strawberry, lychee, mint and lemonade, making for a fragrant, chilled drink that cut through the spices with ease.

For desserts, the Katmer came out hot, its layers of phyllo pastry filled with crushed pistachios and served with a cold scoop of Maras ice cream. The Sufle was a soft-set chocolate cake with a molten centre and a scoop of homemade ice cream. The perfect treat to complete our dinner.

Before heading home, we made a quick detour to Rose Bar. Draped in rich red velvet with mirrored ceilings and soft pools of light from crystal fixtures, the space feels both theatrical and secluded. Marble tables and curved seating offer an elegant spot to wind down. I chose the Miami Vice, a blend of strawberry and roasted piña with tropical undertones. My dining partner went for the Green & Spiced, a fragrant mix of miso, pandan, ginger and citrus. Both drinks were layered and unexpected, closing the evening on a refreshing note.

Book now
Visit delanohotels.com/dubai/restaurants-and-bars.

THE BEACH GRILL

Situated by the seaside, The Beach Grill at Address Beach Resort offers a dining experience where guests can enjoy fresh, succulent grills with views of the shoreline. The interiors feature wooden furnishings, rattan pendant lights and an open bar lined with premium bottles, giving the space a natural, coastal feel. Outside, the terrace is set against a backdrop of palm trees and overlooks the beach and sea, with Ain Dubai visible in the distance. Teal-cushioned chairs and neatly laid tables complete the setting, making it well suited for a laid-back lunch or dinner.

The highlights

Once settled into our seats indoors beside the bar, we perused the menu for dinner and began with a couple of starters. The Crispy calamari was served hot and golden, with a crisp coating and a garlic aioli on the side that added a smooth, tangy lift. The Shrimp cocktail arrived as a colourful bowl layered with baby gem lettuce, cucumber ribbons, sweetcorn, dried tomatoes and plump prawns placed neatly on top. A vibrant tomato-based dressing pooled at the base, finished with a drizzle of herb oil and fresh dill.
For mains, the Grilled salmon fillet was served with a side of vegetables and a light and creamy lemon butter sauce. The fish was firm and moist, with a charred skin and a mild, buttery flavour. The Pepperoni pizza came straight from the oven with a puffed crust and charred edges. Topped with melted cheese, thin slices of pepperoni, rocket and onion, it had a good balance of spice and richness. A side of potato fries added a familiar, comforting finish to the mains.
To end, the Raspberry cheesecake was neatly shaped and topped with sliced strawberries and blueberries, with a swirl of raspberry coulis on the side and a crisp cocoa tuile added a light snap.

Book now
Visit addresshotels.com/en/restaurant/beach-grill.

This Just In

A curated look at this month's
most talked-about launches
and standout trends

Summer notes

Cool down with Nespresso's new Pistachio Vanilla Flavour over ice, where rich, nutty notes meet velvety sweetness. Don't miss the limited-edition Vertuo Pop accessories, including the viral travel tumbler now in a gorgeous pistachio shade, designed for coffee lovers on the go. *Nespresso.ae*

EXCLUSIVE SIPS

Drop culture has landed in the drink's world, and METÉ is leading the charge. This invite-only, UAE-made sparkling Yerba Maté is turning heads with its sleek, minimalist bottle and clean formula of just five ingredients - Yerba Maté, guarana, lemon juice, carbonated water, and either organic agave or dark cane sugar. Packed with antioxidants, vitamins, and jitter-free caffeine, it offers smooth energy, sharper focus, gut support and even GLP-1-boosted weight loss. With no retail presence and a strict referral model, METÉ is a statement. Launch flavours include Original (light, agave-sweetened) and Classic (bold, with cane sugar).

From AED12. New drops on June 6 and 20. Visit mete.ae

From Farm to Freezer
Eat Smart From The Start
BUMBLEBEE
BUMBLEBEE
Baby Food Redefined
No Nasties Here

Best Bite

Up your child's vitamins, protein, and snack game all at once with Bumblebee Food's latest innovation, bone broth-infused cookies created in partnership with The Broth Lab. Blending wholesome, nutrient-dense ingredients with kid-approved flavours, these clever bakes are powered by The Broth Lab's Mini Moo bone broth and packed with protein, collagen, fibre, vitamins, and antioxidants. The lineup includes savoury Pizza Crumbles with fire-roasted tomatoes and herbs, gluten- and dairy-free Coconut Cookies for sensitive tummies, and bold, handcrafted Zaatar Crumbles made using ancient techniques.
AED25 per pack at bumblebeefood.com

Photographs SUPPLIED

easy

Delicious, simple, and easy-to-make recipes

midweek meals
speedy dinners **p20**

one base
three meals **p32**

mash-up tonight
kofte meets tacos **p26**

cake tin
oats so good **p42**

midweek meals

speedy dinners

Take your tastebuds from Italy to Thailand with our quick-to-cook recipes

recipes HELENA BUSIAKIEWICZ
photographs LAURA EDWARDS

Honey & soy tofu poke bowl

Pack in lots of veg and a little spice with this meal. Any leftovers can be enjoyed for lunch the next day.

SERVES 4 **PREP** 20 mins
COOK 10 mins **EASY** **V**

150g frozen edamame
½ red cabbage, finely sliced
1 lime, juiced
100g mayonnaise
1 tbsp sriracha
450g firm tofu, cut into cubes
1 tbsp cornflour
1 tbsp vegetable oil
1 garlic clove
1½ tbsp soy sauce
1 tbsp honey
300g sticky rice, cooked
100g radishes, sliced
To serve
salted seaweed sheets
1 red chilli, sliced
sesame seeds (optional)

1 Boil a kettle and put the edamame in a sieve over the sink. Once boiled, pour the hot water over the edamame, then set aside.
2 Put the sliced cabbage in a bowl with the lime juice and plenty of salt and pepper. Scrunch well with your hands, then set aside in the fridge until ready to serve.
3 Mix the mayonnaise with the sriracha and a little sprinkle of salt, then set aside.
4 Put the cubed tofu in a large bowl. Sprinkle over the cornflour, then season well. Put a large frying pan over a medium heat. Pour in the oil and gently lower in the tofu and cook on all sides for 5-6 mins, until golden and crisp.
5 Grate in the garlic, stir well, then immediately add the soy sauce and honey, stirring well to coat. Allow to bubble away for a few minutes, stirring all the while, until the tofu is glazed and sticky.
6 Assemble the poke bowls with a bed of rice, then top with the tofu, edamame, sliced radishes, cabbage, seaweed sheets, sliced chilli and sesame seeds (if using). Drizzle over the sriracha mayo to serve.

GOOD TO KNOW calcium • folate • fibre • vit c • 1 of 5-a-day
PER SERVING 539 kcals • fat 33g • saturates 3g • carbs 35g • sugars 6g • fibre 6g • protein 22g • salt 1.3g

plan your week

We know life is busy, so to make things easier we're sharing this handy cut-out list with everything you need for our midweek meals.

SHOPPING LIST

FRESH PRODUCE

red onions
cucumbers
tomatoes
dill
limes
red cabbage
radishes
red chillies
green beans
avocado
Thai basil
shallots
garlic
lemongrass
mixed mushrooms
chives

MEAT AND FISH

chicken thighs
firm tofu
brown crab
pork mince

DAIRY AND CHILLED

Greek-style yogurt
parmesan
butter

STORECUPBOARD

giant wholewheat couscous
sticky rice
spaghetti
cornflour
vegetable oil
soy sauce
oyster sauce
fish sauce
caster sugar
white wine vinegar
sriracha
corn tortillas
dried coriander
dried mint
ground coriander
honey
mayonnaise
salted seaweed sheets
sesame seeds (optional)

FREEZER

edamame beans

Per person costings do not include salt, pepper or oil

Brown crab & garlic spaghetti

Although this recipe uses mostly simple ingredients, the brown crab adds a touch of luxury.

SERVES 2 **PREP** 5 mins
COOK 20 mins **EASY**

- 200g spaghetti
- 50g salted butter
- 1 shallot, finely sliced
- 3 garlic cloves, grated
- 100g brown crab
- 30g parmesan, grated, plus extra to serve
- 10g chives, finely chopped (optional)

1 Cook the pasta in salted water following pack instructions. Melt the butter in a large frying pan over a medium heat. Once foaming, stir in the shallot with a pinch of salt and a few twists of black pepper. Cook for 5-6 mins until softened and lightly golden, then turn the heat to low.

2 Move the pasta straight from the water into the frying pan, then stir in the crab, a ladleful of pasta water and the parmesan. Mix very thoroughly, tossing well and adding more pasta water if needed, until glossy.

3 Serve with more parmesan and a sprinkling of black pepper and chives, if you like.

GOOD TO KNOW calcium

PER SERVING 702 kcals • fat 30g • saturates 17g • carbs 76g • sugars 3g • fibre 5g • protein 28g • salt 1.2g

Thai basil pork stir-fry

This recipe is inspired by the spicy and savoury Thai favourite pad kra pao. You can adjust the amount of chillies to suit your taste.

SERVES 4 **PREP** 10 mins
COOK 20 mins **EASY** P

- 2 tbsp vegetable oil
- 1 large shallot, sliced
- 1 lemongrass stalk, finely sliced
- 2 red chillies, finely sliced, plus extra to serve (optional)
- 3 garlic cloves, finely chopped
- 2 tbsp soy sauce
- 2 tbsp oyster sauce
- ½ tbsp fish sauce
- ½ tsp caster sugar
- 500g pork mince
- 200g green beans, chopped into thirds
- 25g Thai basil, larger leaves torn
- cooked jasmine rice, to serve

1 This dish comes together quite quickly, so have all the ingredients to hand. Pour the vegetable oil into a large frying pan or wok over a high heat. Once shimmering, add the shallot, lemongrass, chillies and garlic. Cook for 5-6 mins, stirring, until softened and the edges are golden. Pour the soy sauce, oyster sauce, fish sauce and sugar into a small bowl or jug and stir in 1 tbsp water to combine.

2 Stir the pork into the pan, then pour in the sauce and green beans. Cook for an additional 5-6 mins, stirring all the while. When the beans are tender with a little bit of bite, stir in the Thai basil.

3 Serve immediately alongside the rice, garnished with more chillies if you want extra heat.

GOOD TO KNOW vit c
PER SERVING 299 kcals • fat 18g • saturates 5g • carbs 7g • sugars 4g • fibre 2g • protein 26g • salt 2.6g

Shoot director LAURIE NEWMAN | Food stylist JESSICA RANSOM | Stylist FAYE WEARS

Crispy mushroom tacos with pickled chillies

Roasting a large variety of mushrooms creates a great meaty texture. Serve with creamy avocado and zingy pickled chillies.

SERVES 4 **PREP** 15 mins plus pickling
COOK 30 mins **EASY** **V**

600g mushrooms, torn (we used a mix of chestnut, king oyster, oyster, enoki and button)
1 red onion, sliced into thin wedges
2 tbsp olive oil
2 tsp dried coriander
2 tsp dried mint
150g Greek-style yogurt
1 tbsp white wine vinegar
10g chives, finely sliced
12 corn tortillas
1 avocado, sliced, to serve

For the pickled chillies

2 red chillies, finely sliced
1 tbsp white wine vinegar
1 lime, juiced
1 tsp caster sugar

1 Start by making the pickled chillies. Put the chillies in a small bowl, pour over the white wine vinegar, lime juice and caster sugar, along with a pinch of salt. Set aside for 30 mins.

2 Meanwhile, heat the oven to 220C/200C/gas 7. Scatter the mushrooms and red onion in a roasting tin, drizzle with oil, then sprinkle with the coriander, mint and salt and pepper. Roast for 20-25 mins until golden, crisp and shrunken, stirring halfway.

3 Mix the yogurt with the white wine vinegar and chives and season with salt, pepper and a pinch of sugar.

4 Warm the tortillas in the oven for a few minutes, then pile on the mushrooms, some herby yogurt and avocado, and scatter over the pickled chillies.

GOOD TO KNOW healthy • low cal • fibre • vit c • 2 of 5-a-day • gluten free
PER SERVING 299 kcals • fat 12g • saturates 4g • carbs 34g • sugars 6g • fibre 6g • protein 11g • salt 0.2g

Air fryer Mediterranean-style chicken bowl

Feta and olives would work well in this, too – the recipe is adaptable.

SERVES 4 **PREP** 15 mins
COOK 30 mins **EASY**

- 6 skinless and boneless chicken thighs (roughly 500g), halved
- 125g Greek-style yogurt, plus extra to serve
- 2 tsp dried mint
- 2 garlic cloves, grated
- 2 tsp turmeric
- 4 tbsp olive oil, plus extra to serve
- 2 tsp ground coriander
- 2 red onions, sliced
- 200g giant wholewheat couscous
- 1 cucumber, roughly chopped
- 2 large tomatoes, roughly chopped
- 10g dill, finely chopped
- 1 tbsp white wine vinegar

1 Put the chicken thighs in a large bowl with the yogurt, dried mint, grated garlic, 1 tsp turmeric, 2 tbsp olive oil and 1 tsp ground coriander. Season well with salt and pepper, then mix thoroughly with your hands.

2 Put the onions in the bowl or basket of your air fryer, drizzle with 1 tbsp oil and sprinkle in the remaining 1 tsp turmeric, 1 tsp ground coriander and salt and pepper. Toss to combine. Lay the chicken on top, then air-fry at 190C for 20-25 mins, turning the chicken halfway, until it's cooked through.

3 Meanwhile, prepare the couscous following pack instructions. Mix the cucumber, tomatoes and dill with the vinegar and some salt.

4 Split the chicken between four bowls. Mix the roasted onions with the couscous, 1 tbsp olive oil and some salt and pepper. Divide between the four bowls and add the couscous salad. Serve with a dollop of yogurt and a drizzle more olive oil, if you like.

GOOD TO KNOW healthy • fibre • vit c • 3 of 5-a-day
PER SERVING 506 kcals • fat 19g • saturates 5g • carbs 44g • sugars 10g • fibre 6g • protein 36g • salt 0.4g

mash-up tonight

kofte meets tacos

In this new series we combine the best of two culinary worlds for a deliciously quirky quick-fix dinner

recipe BARNEY DESMAZERY *photograph* TOM REGESTER

new series!

Smashed beef kofte tacos

We've taken the viral trend of cheeseburger tacos and turned it into a more substantial easy kebab. You can swap the beef mince for lamb, chicken or pork, and the mix would also make eight smaller tacos, if you'd prefer.

SERVES 4 **PREP** 20 mins plus at least 1 hr chilling **COOK** 25 mins **EASY**

- 1 small onion, coarsely grated
- 2 garlic cloves, minced or finely grated
- 1 tbsp ras el hanout
- 400g beef mince
- small bunch of coriander, finely chopped
- 4 medium flour tortillas
- sunflower oil, for frying
- chilli sauce and lemon wedges, to serve

For the garlic sauce

- 4 tbsp Greek yogurt
- 2 tbsp mayonnaise
- 1 garlic clove, finely grated or crushed
- ½ tsp lemon juice

For the salad

- small wedge of red or white cabbage, shredded
- ½ red onion, thinly sliced
- squeeze of lemon juice
- 1 tomato, halved and sliced

1 Combine the onion, garlic, ras el hanout, beef mince and coriander (reserving a few leaves to serve) in a large bowl with your hands and season well. Cover and chill for at least 1 hr. *Will keep chilled for a day.*

2 Stir the garlic sauce ingredients together in a small bowl and chill until needed. To make the salad, tip the cabbage and red onion into a bowl with a pinch of salt and the lemon juice and scrunch together with your hands. Stir through the tomato and set aside.

3 Divide the beef mix into four equal portions. Press a portion of beef directly onto one side of each tortilla in a thin, even layer, reaching almost to the edges. Heat a drizzle of oil in a large frying pan over medium-high heat. Put the tortilla beef-side down into the pan. Press down with a spatula and cook for 3-4 mins until the beef is browned and crisp. Flip and cook for 1-2 mins more until the tortilla is golden and toasted. Repeat with the remaining tortillas. Put the cooked tacos on a plate or in a low oven to keep warm. Scatter each taco with salad, drizzle with the garlic and chilli sauces, reserved coriander leaves and serve with lemon wedges on the side for squeezing over, if you like.

GOOD TO KNOW vit c • 1 of 5-a-day
PER SERVING 515 kcals • fat 32g • saturates 12g • carbs 28g • sugars 7g • fibre 4g • protein 27g • salt 1.1g

Shoot director JORDAN EDMONDS-MOORE | Food stylist JESSICA RANSOM
Stylist AGATHE GITS

COOK SMART

Air fryer classics

Make these comforting family favourites without turning on the oven

recipes SAMUEL GOLDSMITH *photographs* SAM FOLAN

Air fryer mac & cheese

Air fryer chicken parmigiana

Air fryer mac & cheese

Using the air fryer gives this a lovely crisp topping.

SERVES 2-3 **PREP** 20 mins
COOK 30-40 mins **EASY** **V**

250g macaroni
300ml whole milk
30g butter
30g plain flour
65g mature cheddar, grated
1 tsp English mustard
30g panko breadcrumbs

1 Cook the macaroni following pack instructions, drain, then set aside.
2 Warm the milk in a heatproof jug in the microwave or in a small saucepan until just steaming. Melt the butter in a small saucepan over a low heat, then stir in the plain flour until combined and cook for 1 min. Gradually pour in the milk, whisking constantly, until all combined and you have a glossy sauce. Once bubbling, cook for 1 min then remove from the heat. Stir in all but a handful of the cheddar along with the mustard and mix until the cheese has melted.
3 Tip the pasta into a heatproof dish that will fit into your air fryer and pour over the cheese sauce. Give it a little mix to ensure the sauce has coated as much of the pasta as possible.
4 Combine the breadcrumbs with the remaining cheddar and scatter over the top of the macaroni and cheese mixture. Heat in your air fryer at 180C for 15-20 mins until the breadcrumbs are golden and the mac and cheese is bubbling.

GOOD TO KNOW calcium
PER SERVING (3) 607 kcals • fat 21g • saturates 12g • carbs 80g • sugars 7g • fibre 5g • protein 22g • salt 1.3g

Air fryer chicken parmigiana

Make a lighter version of this family favourite by cooking it in the air fryer.

SERVES 4 **PREP** 20 mins
COOK 20-30 mins **EASY**

2 large chicken breasts
40g plain flour
1 egg, beaten
50g panko breadcrumbs
25g parmesan, finely grated
4-8 tbsp tomato sauce (homemade or shop-bought), plus more to serve
125g ball mozzarella, sliced into 4
200-400g spaghetti, cooked, to serve
basil leaves, torn, to serve

1 Halve the chicken lengthways to create four fillets then cover with baking parchment and bash using a rolling pin or base of a saucepan until they're all an even thickness.
2 Tip the flour onto a plate and pour the egg onto a separate plate. Combine the panko and parmesan on a third plate. Coat the chicken in flour, then dip in the egg and finally coat in the panko mix. Repeat until all the chicken is coated, then place in your air fryer and cook at 180C for 15 mins or until golden.
3 Spoon 1-2 tbsp of tomato sauce onto each piece of chicken then place a slice of mozzarella on top. Put back in the air fryer and cook for a further 5-10 mins until the mozzarella has turned golden and the chicken is cooked through. Serve with spaghetti, more tomato sauce, cracked black pepper and a sprinkling of torn basil leaves.

PER SERVING 315 kcals • fat 13g • saturates 7g • carbs 18g • sugars 1g • fibre 1g • protein 32g • salt 0.87g

tip

If the chicken breasts are large then you should be able to serve four people, but smaller breasts will only serve two.

Air fryer miso aubergine

This is a great vegetarian dish full of umami flavour – serve on a bed of giant couscous or fluffy steamed rice, if you like.

SERVES 4 **PREP** 10 mins
COOK 25-35 mins **EASY** **V**

2 aubergines, halved lengthways
2 tbsp white miso paste
1 tbsp soy sauce
1½ tbsp honey
1 tbsp vegetable oil
½ lime, juiced, plus extra wedges to serve
sesame seeds and coriander leaves, to serve

1 Cut a criss-cross pattern into the flesh of the aubergine being careful not to go through the skin. Combine the miso, soy, honey, oil and lime juice, then brush this over the aubergine flesh, making sure to get some into the cuts.
2 Place the aubergine halves in the air fryer and cook at 180C for 25-35 mins until the aubergine has softened and lightly charred. Serve with a sprinkling of sesame seeds and coriander, and lime wedges on the side for squeezing over.

GOOD TO KNOW low fat • 1 of 5-a-day
PER SERVING 95 kcals • fat 4g • saturates 0.4g • carbs 11g • sugars 11g • fibre 4g • protein 2g • salt 1.44g

Shoot director FREDDIE STEWART | Food stylist TROY WILLIS | Stylist FAYE WEARS

easy

COOK SMART

One base three meals

Make a batch of summer bean stew, then use it as the foundation for more inventive dinners

recipes AILSA BURT ***photographs*** SAM FOLAN

The base

Summery beans & herby green aïoli

Dried beans are very cost-effective, and ideal for simmering in a big batch. Use a good-quality olive oil when making this dish, as it imparts a lot of flavour.

MAKES 3 dinners (each one serving 4) **PREP** 25 mins plus at least 8 hrs soaking **COOK** 2 hrs 25 mins **EASY** **V**

1kg cannellini, butter or pinto beans
1 parmesan rind (optional)
small bunch of parsley
small bunch of oregano
1 garlic bulb, cloves bashed and skin removed
1 onion, cut into quarters
1 lemon, halved
75ml extra virgin olive oil
2 tbsp olive oil
1 red onion, finely sliced
700g courgettes, halved and thickly sliced
500g tomatoes, halved if small or thickly sliced
small handful of basil, leaves picked

For the green aïoli

3 egg yolks (freeze the whites to use in another recipe)
2 garlic cloves, crushed
1 tbsp Dijon mustard
½ lemon, juiced
400ml olive oil or sunflower oil
2 small handfuls of soft herbs (such as basil, chives and parsley), finely chopped

1 Tip the beans into a large saucepan and cover with several inches of cold water. Leave to soak for at least 8 hrs, or up to 14 hrs.

2 When ready to cook, add 2 tsp fine sea salt to the pan. Set the pan over a medium-high heat and bring to the boil, then reduce the heat to a gentle simmer – don't let them boil, as the beans will split. Skim away any scum that rises to the top of the pan. Add the parmesan rind, if using, the herbs, garlic, onion and lemon, along with the extra virgin olive oil. Season with another large pinch of salt and pepper. Cook for 1-2 hrs, stirring occasionally until the beans are tender. Keep an eye on the water level to ensure it isn't too low – you want about an inch of water on top. Use a slotted spoon to remove the lemon, onions, herb sprigs and parmesan rind, then discard. Leave to cool.

3 Heat the olive oil in a frying pan over a medium heat. Stir in the red onion with a pinch of salt, and cook for 5-7 mins until it is beginning to soften. Tip in the courgettes and cook for 10-15 mins until softened with a bit of bite and lightly browned. Stir the courgettes, tomatoes and basil into the beans, and season. *Will keep chilled for up to five days. Leave to cool first.*

4 To make the aïoli, tip the egg yolks, garlic, mustard, 2 tsp of the lemon juice and 1 tbsp cold water into the bowl of a food processor. Blend until mixed and drizzle in the oil in a very slow, steady stream. Once all the oil has been added and emulsified, add the herbs and blitz again until fine. Add more oil slowly to make it a thinner consistency, if you like. Season to taste with more lemon juice, salt and pepper. *Will keep chilled for up to four days.*

GOOD TO KNOW folate • fibre • iron • 2 of 5-a-day • gluten free

PER SERVING 587 kcals • fat 35g • saturates 5g • carbs 39g • sugars 4g • fibre 15g • protein 21g • salt 1.45g

tip

You could also cook the beans in a pressure cooker if you have one. They will take around 30 mins.

Meal one

Parmesan chicken & green bean salad

SERVES 4 **PREP** 20 mins
COOK 25 mins **EASY**

- 2 chicken breasts
- 150ml sunflower oil
- 30g plain flour
- 1 egg, beaten
- 50g panko breadcrumbs
- 25g parmesan, finely grated
- small handful of leftover herbs, finely chopped (optional)
- 1kg leftover summery beans (see opposite), drained
- leftover herby green aïoli (see opposite), to serve

For the salad

- 250g green beans, halved
- small handful of dill, finely chopped
- ½ lemon, juiced
- 50ml olive oil
- 80g mixed lettuce leaves

1 Put the chicken breasts on a chopping board and, with your hand flat on top of one, use a sharp knife to slice into the side of the breast, starting at the thicker end and ending at the thin point, cutting it into two thin pieces. Repeat with the other breast. Heat the oil in a deep frying pan over a medium heat.

2 Put the flour, egg and breadcrumbs in three separate shallow bowls. Mix the parmesan and herbs, if using, into the breadcrumbs and season well. Dip the chicken in the flour, patting well to coat, then dredge in the egg and breadcrumbs, pressing well. Transfer to the pan and cook for 4-5 mins on each side until golden and cooked through. Tip the leftover summery beans into a pan and warm through over a medium heat, stirring.

3 Meanwhile, tip the green beans into a pan of boiling, salted water and cook for 3-4 mins until they are tender but still have some bite. Drain well and rinse under cold water. Pat dry. Whisk most of the dill, lemon juice and olive oil together, and season to taste. Toss in the green beans and lettuce leaves.

4 Slice the chicken and serve with the summery beans and salad. Scatter over the remaining dill and serve the green aïoli on the side.

GOOD TO KNOW folate • fibre • iron • 2 of 5-a-day
PER SERVING 553 kcals • fat 20g • saturates 4g • carbs 44g • sugars 5g • fibre 15g • protein 42g • salt 1.4g

Meal two

Herby baked fish with green olives

SERVES 4 **PREP** 5 mins
COOK 20 mins **EASY**

- 1kg leftover summery beans (see p52)
- 2 tbsp olive oil
- small handful of soft herbs, finely chopped (we used parsley and basil)
- 2 tsp za'atar
- 120g green olives, roughly chopped
- 500g white fish loins (such as cod), cut into 4
- leftover herby green aïoli

1 Heat the oven to 200C/180C fan/gas 6. Tip the beans and a few ladlefuls of its broth into a large baking dish. Combine the oil, herbs, za'atar, olives and some seasoning in a bowl and use this to coat the fish.

2 Arrange the fish over the beans and bake for 15-20 mins, depending on how thick the fish is, until the fish is cooked through and the beans are bubbling. Divide between four plates and top with a spoonful of aïoli.

GOOD TO KNOW low cal • folate • fibre • iron • 2 of 5-a-day • gluten free
PER SERVING 423 kcals • fat 12g • saturates 2g • carbs 29g • sugars 3g • fibre 13g • protein 42g • salt 2.25g

Shoot director FREDDIE STEWART | Food stylist TROY WILLIS | Stylist FAYE WEARS

Meal three

Baked feta & bean salad

SERVES 4 **PREP** 10 mins
COOK 10 mins **EASY** **V**

- 250g block vegetarian feta, drained
- 1 tbsp extra virgin olive oil
- 1 tbsp honey
- 1 tsp fennel seeds
- ½-1 tsp chilli flakes (depending on your preference for heat)
- small handful of mint, leaves picked and finely chopped
- 200g asparagus, cut into small pieces or peeled into ribbons
- 1 green pepper, cut into 1cm cubes
- 1kg leftover summery beans, drained
- 80g salad leaves
- toasted ciabatta, to serve (optional)

For the dressing

- 1-2 tbsp apple cider vinegar
- 3 tbsp leftover herby green aïoli (p52)
- 1 tbsp wholegrain mustard

1 Heat the grill to high. Put the feta in a baking dish and drizzle over the oil and honey, then scatter over the fennel seeds and chilli flakes. Pop under the grill for 7-10 mins until bubbling and charred at the edges. Remove and leave to cool slightly.

2 Meanwhile, toss the mint, asparagus, pepper, drained beans and salad leaves together. For the dressing, mix the vinegar, aïoli and mustard together, and season to taste, adding a splash of water if needed to make it a drizzling consistency. Pour this over the salad leaves and toss together.

3 Break the feta into chunks over the salad and drizzle over any juices from the baking dish. Serve with toasted ciabatta, if you like.

GOOD TO KNOW calcium • folate • fibre • vit c • iron • 3 of 5-a-day • gluten free

PER SERVING 541 kcals • fat 28g • saturates 11g • carbs 37g • sugars 10g • fibre 14g • protein 28g • salt 2.84g

SUMMER DINING AT FAIRMONT THE PALM

A curated lineup of food-centric experiences awaits at Fairmont The Palm, from nostalgic comfort food to bold global flavours

ALL-U-CAN-GLOOP

Golden Ticket Brunch at Flow Kitchen

Step into a world of pure imagination at Flow Kitchen's brand-new themed Brunch, where culinary delights and whimsical surprises await! This fantastical feast, inspired by the legendary candy maker, invites guests to indulge in a vibrant array of dishes that spark joy and curiosity. With chocolate fountains flowing, edible masterpieces on display, and playful treats around every corner, this brunch is a dream come true for those who dare to embrace their inner child and savour the magic of every moment. Come hungry, leave enchanted!

Every Saturday from 1-4 pm. AED250 per person for the soft package, AED399 per person for the house package, AED499 per person for the bubbly package and AED99 per child.

The Best of Mohini Travels Menu at Little Miss India

Take a trip across India without leaving your seat. At the award-winning, Michelin-listed Little Miss India, Mohini's spice-filled tales come to life with a special menu inspired by her travels. Highlights include the tangy Nadru Ki Chaat, fiery Laal Mans, and fragrant Nadan Chemmeen Manga Curry, all telling a story of culture, passion and vibrant flavours.

Until the end of June. À la carte menu.

The Churrasco Experience at Frevo

Frevo turns up the heat with its authentic Brazilian Churrascaria starring 16 premium cuts served tableside, curated by Chef Wanderson Da Silva. Add traditional Brazilian drinks and a lively ambience to the mix, and you've got a true carnivore's carnival.

Tuesday to Sunday from 6-11pm. AED375 per person for house beverages and AED475 per person for premium beverages.

Bold Sakura Menu at BA-Boldly Asian

Experience Sakura season through spectacular culinary offerings at this Dubai hotspot. Step into the world of BA Boldly Asian with the exclusive Bold Sakura Menu - a heartfelt tribute to the fleeting beauty of cherry blossoms. Savour exquisite delights such as Agedashi Tofu, Chirashi Sushi, Seafood Tempura Donburi, and tender Teriyaki Beef Stir Fry. Complement your meal with inventive concoctions such as the refreshing Yuzu Highball or the floral-infused Zen Martini.

Wednesday to Monday (excluding Fri & Sat) from 6-10:30pm. À la carte menu.

BASK Beach Club

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Mediterranean meets the Gulf

LOCAL FLAVOURS

Astéria Bahrain blends the vibrant flavours of the Greek coast with the warmth of Bahraini tradition. Here, Chef Antonis Chasanos shares two signature dishes with a local twist

Lamb Tonnato

Lamb Tonnato

SERVES 4 **PREP** 20 mins **COOK** 2 hrs

500g lamb loin
Salt and pepper, to taste
1 garlic clove, crushed
1 sprig thyme
Olive oil, a drizzle
50g baby eggplant, pickled using the pickling liquid
25g shallots, pickled using the pickling liquid

Tonnato Sauce

60g tuna in oil
120g sunflower oil
2g Maldon salt
10g anchovies in oil
8g caper berries
15g apple cider vinegar
25g whole egg

Pickling Liquid

White wine vinegar
Non-alcoholic white wine
Caster sugar
Star anise
Black peppercorns

To Garnish

60g semi-dried cherry tomatoes
30g caper leaves
35g celery ribbons
10g dill leaves
50g roasted yellow capsicum
25g valeriana leaves

1 Clean and season the lamb loin with salt and pepper. Sear gently over medium-high heat until nicely browned. Transfer to a vacuum bag with a drizzle of olive oil, one sprig of thyme, and one crushed garlic clove. Sear the meat in a pan and finish it in the oven for 15 minutes. Set aside to cool down and slice thinly.

2 Place all the Tonnato ingredients, except the oil, into a Thermomix or blender. Blend until smooth. Gradually drizzle in the sunflower oil while blending until emulsified and creamy. Set aside.

3 To make the pickling liquid, combine all ingredients and boil until the sugar is dissolved. Place the shallots and the baby eggplants in this mixture to pickle.

4 To plate, slice the cooked lamb loin. Plate with dollops of tonnato sauce and arrange the meat, pickled baby eggplant, pickled shallots, semi-dried cherry tomatoes, caper leaves, celery ribbons, dill leaves, roasted yellow capsicum, and valeriana leaves around the lamb. Serve immediately.

Greek Mille-Feuille

SERVES 4 **PREP** 10 mins
COOK 20 mins

12 Phyllo pastry sheets
Caramelized almonds

Vanilla Cream

220g fresh milk
25g whipping cream
80g caster sugar
2g vanilla extract
½ pod vanilla beans
40g egg yolk
25g corn flour
1 gelatin sheet
15g cocoa butter

Pistachio-Vanilla Cream

170g vanilla cream
30g pistachio cream or spread

1 In a saucepan, combine the milk, whipping cream, caster sugar, vanilla extract, and vanilla beans. Heat gently. In a separate bowl, whisk the egg yolk with corn flour until smooth. Slowly temper this mixture with some hot milk, whisking constantly to avoid any lumps. Return the tempered mixture to the pot and cook, whisking, until it thickens and reaches 85–88°C. Add the gelatin sheet and cocoa butter, stirring until fully incorporated. Strain through a fine sieve and refrigerate until set.

2 Combine 170g of the prepared vanilla cream with 30g pistachio cream or spread.

3 Mix well and store in the fridge until ready to use.

4 Brush phyllo pastry sheets with clarified butter and bake at 140°C until golden brown. Once baked, dust with icing sugar.

5 Layer baked phyllo pastry sheets with alternating layers of vanilla cream and pistachio-vanilla cream. Finish with a topping of caramelised almonds and an extra dusting of icing sugar if desired. Chill slightly before serving, allowing the layers to set.

Greek Mille-Feuille

A NEW ERA

Inside Fairmont Dubai's commitment to redefining the in-room dining experience

Fairmont Dubai has reimagined its in-room dining experience, a thoughtful evolution that reflects the brand's promise to Make Special Happen. Spearheaded by Luigi Vespero, Cluster Director of Food and Beverage Experiences, the new concept brings a hospitality-forward approach grounded in emotional connection, refined detail, and contemporary global influences. The updated menu artfully blends international flair with Middle Eastern warmth, each dish crafted to awaken the senses and complement moments of quiet indulgence, from slow mornings to tranquil evenings in. Luigi Vespero reflects on the creativity, and vision shaping this elevated dining experience.

What inspired you to reinvent the in-room dining experience at Fairmont Dubai?
Our inspiration stemmed from a desire to reimagine in-room dining as more than a convenience - we wanted it to be an integral part of the guest journey. Fairmont Dubai attracts a global, design-savvy, and experience-driven clientele, and we felt the traditional room service model didn't reflect the evolving expectations of today's luxury traveler. This reinvention is about storytelling through food, design, and service — creating a moment of pause and indulgence that mirrors the hotel's elevated spirit.

How do you evolve the concept of in-room dining into a curated extension of the guest experience that feels emotionally connective?
We approached in-room dining like a private dining experience. Every touchpoint — from the sensory menu design to the ceramics, plating, and personalized service notes — was carefully considered to build emotional resonance. There's a quiet joy in ordering breakfast in your robe or sharing dessert at midnight, and we aimed to enhance those rituals. We introduced elements like warm welcome bites, cold-pressed juices served in artisan glass bottles, and tailored playlists accessed via a QR code to set a mood. It's about creating intentional moments guests can savour, literally and emotionally.

In blending local ingredients with global flavours, how do you ensure the menu remains both rooted in tradition and refreshingly inventive
It starts with respecting the origin of every ingredient and understanding its cultural and culinary context. Our culinary philosophy is rooted in honesty — we don't fuse for the sake of trend but rather tell stories that connect Dubai's global energy with its Emirati soul. For instance, we use locally farmed heirloom tomatoes in a Japanese-style miso salad or date molasses to glaze a Korean-style short rib. Each dish is familiar enough to comfort, yet surprising enough to delight. Authenticity grounds us, innovation elevates us.

With sustainability at the forefront, how are your zero-waste initiatives reflected in the kitchen?
Our zero-water initiative focuses on minimizing the use of high-water-footprint ingredients like almonds, imported avocados, and out-of-season produce. We work closely with UAE-based hydroponic farms and choose heritage grains like freekeh and barley, which require significantly less irrigation. Our Vegan Caesar Salad is a modern and sustainable approach to an old time classic. The Desert Wellness Bowl features an array of locally sourced vegetable and cheese, while the Carob-Date Cake with Camel Milk Ice Cream, showcases how sustainability can inspire creativity.

IN-ROOM DINING MENU

Three to try

Vegan Caesar salad

Miso-glazed Salmon Pave with local baby potatoes and warm green beans salad

Pistachio Milk Cake

Oats so good

Bake these moreish snack bars for an afternoon bite or evening stroll

recipe AILSA BURT *photograph* MAJA SMEND

Apricot oat bars

Salted butter balances the sweet jam in these bars, so they're a treat without being too sugary.

MAKES 10-12 **PREP** 10 mins plus chilling and cooling
COOK 45 mins **EASY** V

- 250g salted butter, cut into cubes, plus extra for the tin
- 220g plain flour
- 150g light brown soft sugar
- 1 tsp ground cinnamon
- ½ tsp ground nutmeg
- ¼ tsp ground cardamom (optional)
- 150g porridge oats
- 150g apricot jam

1 Butter a 20cm square cake tin and line with baking parchment. Tip the butter, flour, sugar and spices into a food processor and pulse several times until combined and clumping together. Add the oats and pulse a few times more until incorporated. Tip two-thirds of the mixture into the tin and press it into the base in an even layer using your hands.

2 Spread the apricot jam over the oat layer, then sprinkle over the remaining oat mixture, breaking it up into rough clumps as you do. Chill for 20-30 mins to firm up.

3 Heat the oven to 200C/180C fan/gas 6. Bake the bars for 40-45 mins until golden. Leave to cool completely in the tin before turning out and cutting into 10-12 bars. *Will keep in an airtight container for up to a week.*

PER SERVING (12) 356 kcals • fat 18g • saturates 11g • carbs 43g • sugars 21g • fibre 2g • protein 3g • salt 0.41gw

Shoot director FREDDIE STEWART | Food stylist JESSICA MCINTOSH | Stylist HANNAH WILKINSON

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weekend

Mouthwatering dishes to dig into with your family and friends

Fire up the grill on Father's Day

Good Food Show host **Marcus Bean** shares ideas for cooking outdoors on Saturday 21 June, all big on flavour and easy to prep ahead

recipes MARCUS BEAN ***photographs*** JONATHAN GREGSON

GRILL
THRILL
CHILL

BBQ pork tenderloin kebabs with orange, rosemary & garlic dressing

Pork fillet is a cheap, lean cut that's easy to turn into kebabs.

SERVES 6 **PREP** 20 mins plus at least 2 hrs 30 mins marinating and resting **COOK** 25 mins **EASY**

1.2kg pork fillet
3 medium red onions, peeled and each onion cut into eight wedges

For the marinade

1 large orange, zested and juiced
4 rosemary sprigs, finely chopped
1 large garlic clove, finely grated
1 tbsp soy sauce
2 tbsp honey
1 tsp white wine vinegar
1 tbsp olive or rapeseed oil
50g butter, melted

1 Remove any silver skin or excess fat on the pork by cutting away with the tip of a knife. Cut the prepared pork into 4cm pieces, then thread the pork and red onion wedges onto metal skewers, alternating meat and onion until each skewer has about 6-7 pieces of pork and similar wedges of red onion.

2 Make the marinade by putting all the ingredients in a bowl and whisking together to combine. Place the skewers in a reusable container or dish, pour over two thirds of the marinade and leave covered in the fridge for at least 2 hrs. *Will keep chilled overnight.* Chill the remaining marinade too.

3 Remove the skewers from the fridge and leave at room temperature for at least 30 mins before cooking. Heat the barbecue and once hot, add the skewers to the grill and leave to cook for 8-10 mins until lightly charred, then turn over and cook the other side. Brush the skewers with the reserved marinade while cooking to get a nice glaze. Use a digital meat thermometer to check the pork is cooked – the internal temperature should reach 60C – then take the skewers off the barbecue and rest for a few minutes before serving.

PER SERVING 366 kcals • fat 14g • saturates 7g • carbs 12g • sugars 11g • fibre 2g • protein 47g • salt 0.73g

Marcus Bean is a chef, cookbook author and presenter who runs the Brompton Cookery School in Shopshire with his wife Jenny. See Marcus cooking live in the Big Kitchen at the Good Food Show Summer this June. He'll be joined by the likes of Si King, Nadiya Hussain and James Martin for mouth-watering inspiration and foodie entertainment.

BBQ peach panzanella

The great thing about a good panzanella is that all the lovely juices absorb into the bread and the flavour is fantastic – perfect for barbecues.

SERVES 6 **PREP** 10 mins
COOK 25 mins **EASY** **V**

200g chunky sliced sourdough bread
2 tbsp olive oil
1 garlic clove, peeled
4 peaches or nectarines
400g medium vine tomatoes (use a mix of colours if you can), cut into eighths
1 red onion, finely sliced
15-20 fresh basil leaves, torn
300g mozzarella balls, drained

For the dressing
50ml olive oil
1 tbsp white wine vinegar
1 tsp honey
1 tsp Dijon mustard

1 Make the dressing by putting the ingredients in a bowl and whisking together until combined. Season to taste. *Will keep chilled in an airtight container for up to two weeks.*

2 To make the salad start by getting the barbecue hot. Brush the sourdough slices with the olive oil, rub with the garlic clove and season. Put the slices on the barbecue and toast on both sides until lightly charred, then set aside.

3 Destone the peaches by cutting them in half then removing the stone. Add the peach halves, cut side down, to the barbecue and grill on both sides until coloured and lightly cooked, then set aside.

4 To assemble the panzanella, put the tomatoes and red onion in a large bowl. Season, then set aside for 5 mins. Slice the charred sourdough into cubes and the grilled peach halves into 3-4 wedges. Add the sourdough and peaches to the bowl with the tomatoes. Scatter over most of the torn basil leaves and half of the dressing and gently toss together. Tear the mozzarella balls and stir into the salad. Once everything is mixed, pile onto a large serving platter and scatter with the remaining basil leaves.

GOOD TO KNOW folate • vit c • 2 of 5-a-day
PER SERVING 373 kcals • fat 23g • saturates 9g • carbs 27g • sugars 11g • fibre 3g • protein 14g • salt 1.92g

Barbecued parmesan new potatoes with garlic & thyme

Serve as a side or enjoy on their own with garlic mayonnaise.

SERVES 6 **PREP** 15 mins
COOK 50 mins-1 hr **EASY** V

1.2kg new potatoes
4 tbsp rapeseed or olive oil
4 garlic cloves, roughly chopped
2 fresh thyme sprigs, leaves picked
100g block of parmesan (or vegetarian alternative), grated

1 Put the new potatoes in a pan of cold water. Bring to the boil and cook for around 12-15 mins. Remove the pan from the heat and run the potatoes under cold water to stop them cooking. Once the potatoes are cold, slice them in half.
2 Scatter the potato slices on a barbecue-safe baking tray then drizzle with the oil and toss together until coated. Add the garlic and thyme leaves and some seasoning.
3 Heat the barbecue to around 180-200C. Place the tray on the barbecue with the lid closed for around 20 mins until the potatoes start to get some colour. Remove the tray, sprinkle the grated parmesan over the potatoes and return to the barbecue. Cook for another 15-20 mins until the parmesan has turned golden and crisped up around the potatoes.

GOOD TO KNOW gluten free
PER SERVING 270 kcals • fat 13g • saturates 4g • carbs 28g • sugars 2g • fibre 4g • protein 10g • salt 0.29g

Shoot director FREDDIE STEWART
Food stylist JESSICA RANSOM
Stylist MAX ROBINSON

Summer LOVE-IN!

June brings plenty of gorgeous produce, plus events and longer days for enjoying it. Share these recipes to make the most of it

recipes THE GOOD FOOD TEAM *photographs* CHELSEA BLOXSOME

Strawberry & elderflower tiramisu

Braised courgettes & butter beans with pesto

Courgettes become silky soft when slow-cooked, which is a lovely textural contrast against grilled lamb chops or barbecued chicken. You could also scatter over crumbled feta or goat's cheese and serve with crusty bread for mopping up the juices. **Samuel Goldsmith**

SERVES 4 as a side or starter
PREP 20 mins **COOK** 1 hr 20 mins
EASY **V** 🍷

500g courgettes (3-4 medium)
2 tbsp olive oil
25g butter
few sprigs of thyme
few sprigs of oregano, plus a few leaves to serve
2 bay leaves
250ml white wine
400g can butter beans
6 garlic cloves, bashed
1 lemon, halved
150ml vegetable or chicken stock
4-6 tbsp pesto or vegetarian alternative, loosened with a little oil, if needed, for drizzling

1 Heat the oven to 200C/180C fan/gas 6. Slice the courgettes into $^{1}/_{2}$cm rounds using a mandoline or sharp knife. Heat the oil and butter in a large ovenproof pan or flameproof casserole dish over a medium heat and fry the courgettes for 8-10 mins until starting to brown.

2 Scatter in the herbs and bay and pour in the wine. Cook for a few minutes more until the alcohol evaporates, then tip in the beans along with the liquid from the can and the garlic. Nestle in the lemon halves. Pour over the stock and bring to a simmer, then cover and cook in the oven for 1 hr. Discard the bay leaves and lemon halves, if you like, and drizzle over the pesto, then scatter over the oregano leaves.

GOOD TO KNOW fibre • 2 of 5-a-day
PER SERVING 297 kcals • fat 18g • saturates 5g • carbs 13g • sugars 5g • fibre 6g • protein 8g • salt 0.66g

Asparagus, ricotta & lemon pizzettes

Look out for asparagus in shops – the season is short and now's the time to enjoy the spears while they're young, sweet and tender. These pillowy pizzettes (mini pizzas) can be topped with any seasonal veg, but asparagus is particularly lovely with the lemon ricotta, especially for a summery lunch in the garden. **Anna Glover**

SERVES 4 **PREP** 20 mins plus 1 hr proving **COOK** 15 mins **EASY** **V**

bunch of asparagus (about 250g), trimmed
4 tsp extra virgin olive oil, plus extra for drizzling
1 lemon, zested, ½ juiced
250g ricotta, drained
15g parmesan or vegetarian alternative, finely grated, plus extra shavings to serve
1 garlic clove, crushed

For the dough

500g strong white bread flour
100ml olive oil
7g sachet fast-action dried yeast
10g fine sea salt

1 Tip the dough ingredients into a bowl, make a well in the middle and add 300ml warm water. Bring together into a rough dough, then knead on a clean work surface until smooth and elastic. It will be quite wet – don't be tempted to add more flour; just scrape the dough from the work surface back into the bowl using a dough scraper or spatula. Alternatively, knead in a stand mixer using the dough hook. Cover and leave to rise in a warm place for 1 hr, or until doubled in size.

2 Toss the asparagus, 2 tsp of the extra virgin olive oil and the lemon juice together in a bowl, and season well. Whisk the ricotta, most of the lemon zest, the cheese, remaining olive oil and the garlic together in another bowl. Season well with plenty of sea salt flakes and cracked black pepper.

3 Heat the oven to 240C/220C fan/gas 9 with a baking sheet inside to heat up. Knock back the dough in the bowl using oiled hands and divide into four pieces. Stretch the pieces out on a lightly oiled work surface into rough individual round or oval pizza bases. Transfer each pizzette to a small piece of baking parchment.

4 Spoon the ricotta mixture into the middles of the pizzettes, leaving a small border. Add a few asparagus spears on top of each, then drizzle over the flavoured oil from the bowl. Carefully slide the pizzettes onto the hot baking sheet in the oven and bake for 15 mins until golden and puffed up, and the asparagus is slightly charred.

5 Scatter over parmesan shavings and the remaining lemon zest, then drizzle with olive oil to serve.

GOOD TO KNOW calcium • folate
PER SERVING 817 kcals • fat 36g • saturates 9g • carbs 97g • sugars 3g • fibre 5g • protein 25g • salt 2.68g

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gF tip

Don't snap asparagus spears, as you'll loose more stem than you need. Simply trim using a sharp knife, moving up the stem slightly when the knife goes in, if it's very woody. Store asparagus stems in water in the fridge to keep them at their best.

Hot honey halloumi burger with charred pineapple salsa

Sweet, spicy, salty and juicy, this veggie burger has it all – it's sure to be the star of your next barbecue. **Ailsa Burt**

SERVES 4 **PREP** 30 mins
COOK 25 mins **EASY** **V**

- 50ml honey
- 1 small jalapeño, deseeded (if you like) and finely chopped
- ½ tsp apple cider vinegar
- ¼ tsp smoked paprika
- 4 tbsp sunflower oil
- 4 burger buns, halved
- 1 tbsp sesame seeds
- 3 tbsp panko breadcrumbs
- 250g block halloumi, cut into 8 thick slices
- 50g garlic mayonnaise

For the salsa

- ½ whole pineapple, peeled, cored and cut into 6 spears
- 2 spring onions, finely sliced
- small handful of coriander, finely chopped
- 1 lime, juiced
- 1 tsp mild chilli powder

For the slaw

- small handful of parsley, finely chopped
- 1-2 tbsp apple cider vinegar
- ¼ red cabbage, thinly sliced
- 1 large carrot, grated or cut into thin matchsticks
- 2 shallots, thinly sliced
- 10 radishes, grated or cut into thin matchsticks

1 First, make the hot honey. Tip the honey and jalapeños into a small pan over a medium heat and cook, stirring occasionally, for 3-4 mins until the honey has thinned out and been infused with the jalapeño flavour. Stir in the vinegar and smoked paprika, remove from the heat and set aside to cool slightly.

2 To make the salsa, heat a griddle or frying pan over medium-high heat. Brush the pineapple spears all over with a little of the oil and fry for 4-6 mins on each side until charred. Remove from the heat and set aside to cool slightly, then chop into small cubes. Mix with the remaining salsa ingredients and season to taste.

3 For the slaw, mix the ingredients together in a bowl and season well, adding a splash more vinegar if needed. Heat 2 tbsp of the sunflower oil in a frying pan over medium heat and toast the burger buns, cut-side down, for 2-3 mins until golden. Remove from the pan and set aside.

4 Tip the sesame seeds and panko breadcrumbs onto a plate and mix well. Coat both sides of the halloumi slices in the mixture and set aside. Heat the remaining oil in the frying pan over a medium heat and fry the halloumi for 3-4 mins on each side until golden and crisp.

5 Spread the garlic mayonnaise over the bases of the buns, then top with some slaw, two pieces of halloumi, a drizzle of the hot honey and a spoonful of the salsa. Sandwich with the bun tops and serve.

GOOD TO KNOW calcium • folate • fibre • vit c • 2 of 5-a-day
PER SERVING 802 kcals • fat 41g • saturates 14g • carbs 76g • sugars 31g • fibre 8g • protein 27g • salt 3.38g

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tip

Any leftover slaw and salsa can be served alongside, or mixed together to make a salad.

Lemon, raspberry & almond victoria sandwich

A victoria sandwich is a classic centrepiece for any summer get-together. This one comes with a twist in the form of an almond and raspberry-flecked sponge. To amp up the almond flavour further, use almond extract in the sponge and cream filling instead of vanilla. The cream to sponge ratio is generous, too, making this more of a dessert, but you can reduce it to make a lighter teatime cake. **Cassie Best**

SERVES 12 **PREP** 25 mins plus cooling **COOK** 25 mins **EASY**
V ❄ sponges only

- 225g salted butter, softened, plus extra for the tin
- 75g toasted almonds
- 225g golden caster sugar
- 1 tsp vanilla or almond extract
- 2 lemons, zested
- 2 tbsp milk
- 4 medium eggs, at room temperature (use 'golden yolk' eggs for a rich yellow sponge)
- 125g self-raising flour
- 100g ground almonds
- ½ tsp baking powder
- 250g raspberries

For the filling

- 250ml double cream
- 100g mascarpone
- 2-3 tbsp icing sugar, plus extra for dusting
- 1 tsp vanilla or almond extract

1 Heat the oven to 180C/160C fan/gas 4. Butter two 20cm cake tins and line with baking parchment. Scatter half the toasted almonds over the base of one of the tins, ensuring they're evenly spread out.

2 Tip the butter and caster sugar into a large bowl with the vanilla or almond extract and lemon zest, and beat using an electric whisk until light, smooth and creamy, about 3-4 mins. Add the milk, then the eggs, one at a time, beating well between each addition. Fold in the flour, ground almonds, baking powder and a pinch of salt until no streaks of flour remain.

3 Divide the mixture between the prepared tins, being careful not to disturb the toasted almonds too much as you spread it out. Level the tops, then push half the raspberries into the mixture. Bake in the centre of the oven for 25-30 mins until golden and risen, and a skewer inserted into the centres comes out clean. If any wet mixture clings to the skewer, return to the oven for another 5 mins, then test again. Leave to cool in the tins for 30 mins, then remove to a wire rack, remove the baking parchment and leave to cool completely – the sponges will be quite delicate. *Once cooled, the sponges will keep wrapped and frozen for up to three months.*

4 For the filling, pour the cream, mascarpone, icing sugar and vanilla or almond extract into a large bowl. Whisk for a few minutes until the cream is just holding its shape.

5 Put the plain sponge on a cake stand or plate. Spoon over the cream filling, spreading it to the edge. Scatter over the rest of the berries and toasted almonds. Sandwich with the second sponge, almond-side up, then dust with icing sugar. *Will keep chilled in an airtight container for up to two days.*

PER SERVING 529 kcals • fat 40g • saturates 20g • carbs 32g • sugars 24g • fibre 2g • protein 9g • salt 0.59g

Strawberry & elderflower tiramisu

Need a prep-ahead dessert for a gathering? Green tea replaces coffee in this alternative take on tiramisu, which is a celebration of all things summertime, with strawberries and elderflower being beautifully matched. **Ailsa Burt**

SERVES 6-8 **PREP** 25 mins plus at least 6 hrs chilling **COOK** 30 mins
EASY **V** 🍷

- 1kg strawberries (or use 800g if making individual tiramisus)
- 1 vanilla pod, split lengthways and seeds scraped out
- ½ lemon, juiced
- 180g golden caster sugar
- 4 eggs
- 400g mascarpone
- 1 green teabag
- 125ml St Germain elderflower liqueur, or use 75ml elderflower cordial diluted with 50ml water
- 36 sponge fingers
- 2 tbsp freeze-dried strawberries, crushed to a fine powder (optional)

1 Heat the oven to 220C/200C fan/gas 7. Cut 600g of the strawberries into bite-sized pieces (no need to remove the stalks) and scatter over a roasting tray with the vanilla pod and seeds, the lemon juice and 50g sugar. Roast for 20-25 mins, or until very soft. Remove from the oven and discard the vanilla pod, then transfer the berries to a food processor and blitz until smooth. Pass through a fine sieve, then tip the purée into a wide pan. Slice 200g of the remaining strawberries (this will be all of the remaining strawberries if making individual tiramisus) and stir these into the purée. Bring to a simmer over a high heat and cook for 4-5 mins until reduced and thickened. Remove from the heat and cool fully. *Will keep chilled for three days.*

2 Separate the egg yolks and whites between two bowls, then tip the remaining sugar into the egg yolks. Beat using an electric whisk until thick, pale and fluffy, about 5 mins. Beat in the mascarpone, a little at a time, until smooth. Set aside.

3 Clean the beaters well, then whisk the egg white to stiff peaks, about 5 mins. Add a large spoonful of the whipped egg whites to the egg yolk mixture and stir to combine, then gently fold in the remaining egg whites using a large metal spoon.

4 Put the teabag in a shallow heatproof dish and pour over 150ml hot water (about 60C). (Boiling water will affect the delicate flavour of the tea.) Steep for 1-2 mins, then remove the bag and discard. Stir in the elderflower liqueur or cordial. Turn the sponge fingers in this for a few seconds on each side until soaked but not too wet or soft. Arrange in a 30 x 20cm baking dish in one layer. Spoon over half the strawberry purée mixture, then half the mascarpone mixture. Repeat with a second layer of the sponge fingers and the remaining mixtures. (Or, layer the fingers and mixtures in dessert glasses – you may need to roughly break up the fingers to fit.) Chill for at least 6 hrs, or overnight. *Will keep chilled for up to two days.*

5 Dust with the crushed freeze-dried strawberries, if using. Slice any remaining fresh strawberries, dot over the top and serve.

GOOD TO KNOW folate • vit c • 1 of 5-a-day
PER SERVING (8) 747 kcals • fat 29g • saturates 16g • carbs 99g • sugars 75g • fibre 5g • protein 14g • salt 0.92g

Shoot director RACHEL BAYLY | Food stylist AMY KINNEAR | Stylist HANNAH WILKINSON

Discover it *now:* courgette flowers

Each month **Barney Desmazery** unearths an ingredient at its seasonal peak

When yellow blossoms appear on courgette plants, it signals the arrival of summer. There are male and female flowers, but it's the male flowers, which sit on longer stalks, that are most often sold at farmers' markets, greengrocers and supermarkets. It's usually the male flowers that are cooked and served in Italy, too, in salads, or lightly battered and fried.

If you spot them, grab and cook them as soon as you can, as freshness is key. If you grow courgettes, you can harvest your own throughout the summer. Once the plants are established, pick male flowers early in the morning while they're open – they close as the day goes on. Just make sure to leave a few male blooms on the plant to pollinate the female ones, so courgettes will keep growing, too.

Once picked, the flowers close quickly and can wilt within hours. Pop them into a sealed food bag and keep them in the fridge, where they'll keep for up to three days – though they're at their best when cooked on the day they're picked. Courgette flowers can be eaten raw. Their delicate nature means they require very little cooking – the petals can be tossed through pasta or risotto at the end to add colour. But they can be stuffed with ricotta or mozzarella (see recipe, right), then fried for the ultimate summer starter.

Quick idea

Courgette flower salad

● Shave **small green** and **yellow courgettes** into thin ribbons using a vegetable peeler and toss with a pinch of **sea salt flakes** and **squeeze of lemon juice**. Add a handful of freshly torn **courgette flowers** and a few torn **basil** and **mint leaves**. Drizzle over **extra virgin olive oil**, season with **black pepper** and finish with shaved **parmesan**.

PHOTOGRAPHS: CHARLOTTE LAKE/500PX/GETTY

Stuffed courgette flowers with olive dressing

If you can't find courgette flowers, you could also fry courgette slices or baby courgettes instead, then serve the mozzarella and dressing on the side.

SERVES 4-6 **PREP** 15 mins
COOK 20 mins **EASY V**

small handful of green olives, pitted and chopped
2 ripe tomatoes, deseeded and diced
1 tbsp white wine vinegar
3 tbsp extra virgin olive oil
small bunch of basil, thinly sliced
100g plain flour
100g cornflour
200ml cold sparkling water
2 x 150g balls mozzarella
12 courgette flowers
sunflower oil, for deep-frying

1 For the dressing, combine the olives, tomatoes and vinegar with seasoning, and enough of the oil to bind. Set aside, then add the basil just before serving.

2 Sift the flours with a pinch of salt into a large bowl and make a well in the centre. Pour in the sparkling water and stir to combine. Do not overbeat – it should be just combined and can have a few lumps.

3 Drain and pat the mozzarella balls dry, tear into small pieces, then season. To stuff the flowers, open the petals, put in some mozzarella, then gently twist the petals to re-seal them.

4 Heat the sunflower oil in a large pan until a cube of bread dropped in browns in 20 seconds. Drop the flowers into the batter, then remove, shaking off any excess. Fry in batches of two or three until lightly golden. Drain on kitchen paper and season with salt. Keep warm in a low oven as you cook the rest. Pile onto a platter and drizzle with the dressing.

PER SERVING (4) 555 kcals • protein 17g • carbs 44g • fat 36g • saturates 12g • fibre 2g • sugars 2g • salt 1.16g

Homegrown

Eat seasonally when produce is at its peak, both in flavour and affordability, and preserve some to enjoy all year round

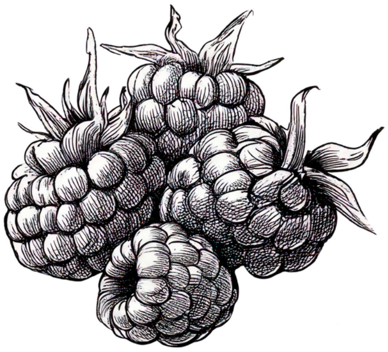
COURGETTE JAM

PRESERVE *the* SEASON

Courgette

- **Courgette jam**

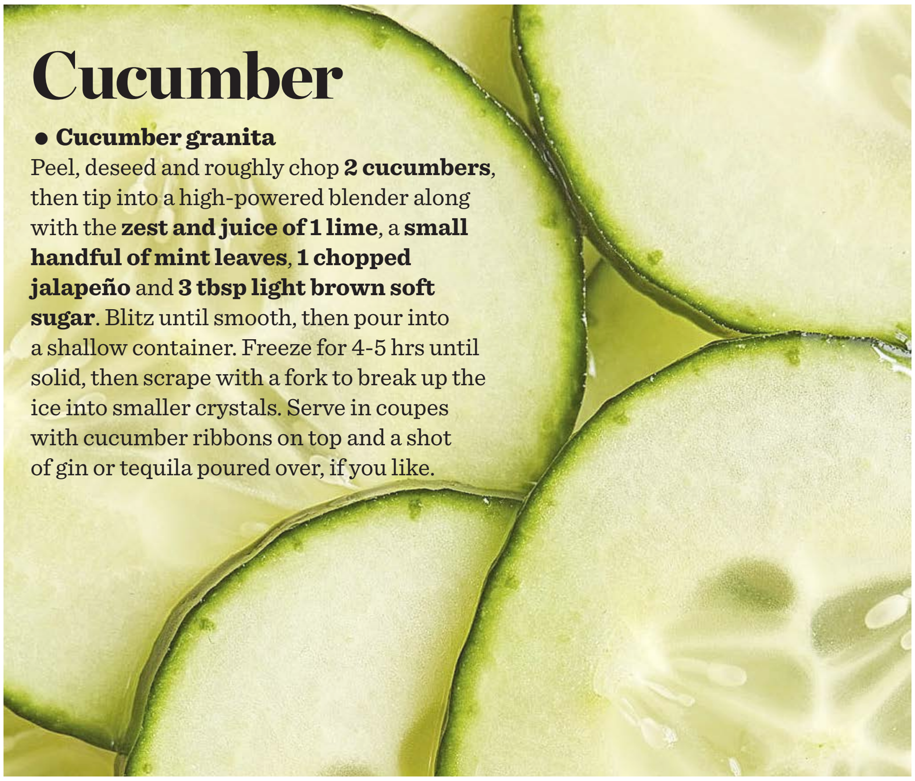
Put **1kg grated courgettes**, **750g jam sugar**, the **juice of 1 lemon** and **2 tbsp grated ginger** in a large pan and cook over a medium heat, stirring until the sugar has dissolved, about 10 mins. Continue to cook, stirring often, for another 10-15 mins, or until the jam reaches 105C on a thermometer. Leave to cool slightly before decanting into sterilised jars. *Will keep chilled for up to three months.*



Raspberries

- **Raspberry & lemongrass cordial**

Put **500g raspberries, 1 lemongrass stalk**, tied in a knot, and the **zest and juice of 1 lemon** in a large pan and cook over a low heat for 10 mins, mashing until smooth. Push through a sieve into a clean pan. Tip the solids from the sieve into a bowl, add 300ml water, then sieve again to separate the pulp from the seeds. Discard the seeds, then tip the pulp into the pan with the liquid. Stir and boil for 1 min. Pour into sterilised bottles and seal. *Will keep unopened at room temperature for a few months. Once opened, keep chilled.*



Cucumber

- **Cucumber granita**

Peel, deseed and roughly chop **2 cucumbers**, then tip into a high-powered blender along with the **zest and juice of 1 lime**, a **small handful of mint leaves**, **1 chopped jalapeño** and **3 tbsp light brown soft sugar**. Blitz until smooth, then pour into a shallow container. Freeze for 4-5 hrs until solid, then scrape with a fork to break up the ice into smaller crystals. Serve in coupes with cucumber ribbons on top and a shot of gin or tequila poured over, if you like.

WHAT TO GROW NOW

Are you a green-fingered cook? ***Emma Crawforth*** *of* BBC Gardeners' World *offers advice on what to plant in June.*

Florence fennel

- This is the type of fennel that grows a white 'bulb' at the base, rather than the herb. In order to produce a large bulb, the plants need warmth and plenty of watering. Sow direct into moist but free-draining, fertile soil in a drill around 1.5cm deep. Gradually thin the seedlings to 30cm apart and, once the bulbs start to swell, draw up soil around them for flavour, protection and to stabilise the plants.

Carrots

- Carrots can be sown from late winter to midsummer, but June is a good sowing month, as it helps avoid attacks by the pernicious carrot root fly. Plant in a spot with full sun and free-draining soil, and look for seed of a mid-season variety. Sow into a drill about 1cm deep and avoid clumping the seed together. Carrots sown now should be ready to harvest in early autumn.

Peas

- In June, there's just time to sow a row of peas for harvesting in early autumn. Homegrown peas taste great and have a sweet flavour. Sow more than you need, but give the plants a generous final spacing to avoid mildew attacks. Sow around 5cm deep and provide growing supports appropriate for the variety's height. Mulching around the seedlings will help the soil retain moisture.

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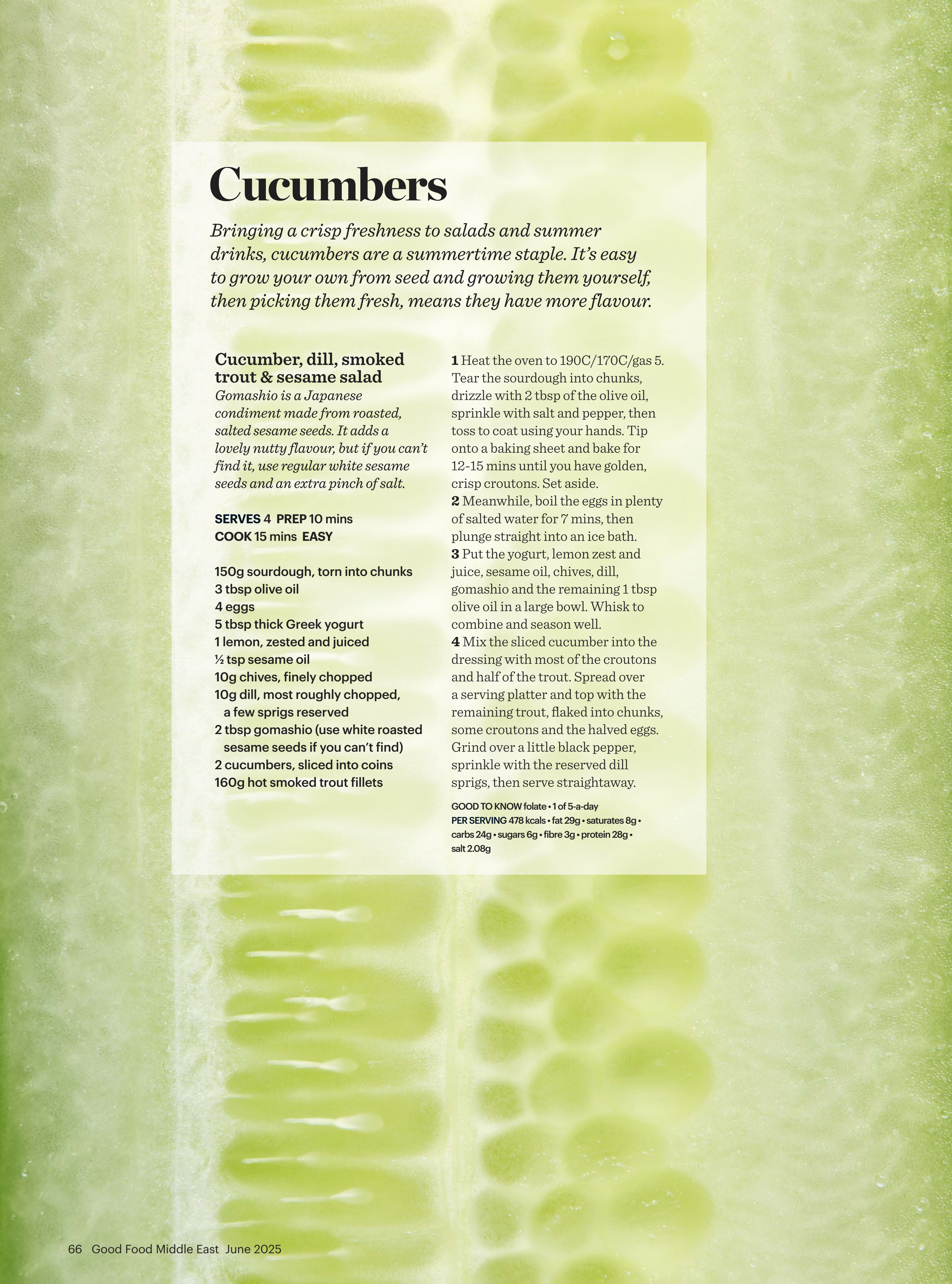
At its best

Make the most of new season's cucumbers, courgettes and raspberries with recipes from our food content producer **Helena Busiakiewicz**

photographs JONATHAN GREGSON

PLANET FRIENDLIER



Cucumbers

Bringing a crisp freshness to salads and summer drinks, cucumbers are a summertime staple. It's easy to grow your own from seed and growing them yourself, then picking them fresh, means they have more flavour.

Cucumber, dill, smoked trout & sesame salad

Gomashio is a Japanese condiment made from roasted, salted sesame seeds. It adds a lovely nutty flavour, but if you can't find it, use regular white sesame seeds and an extra pinch of salt.

SERVES 4 **PREP** 10 mins
COOK 15 mins **EASY**

150g sourdough, torn into chunks
3 tbsp olive oil
4 eggs
5 tbsp thick Greek yogurt
1 lemon, zested and juiced
½ tsp sesame oil
10g chives, finely chopped
10g dill, most roughly chopped, a few sprigs reserved
2 tbsp gomashio (use white roasted sesame seeds if you can't find)
2 cucumbers, sliced into coins
160g hot smoked trout fillets

1 Heat the oven to 190C/170C/gas 5. Tear the sourdough into chunks, drizzle with 2 tbsp of the olive oil, sprinkle with salt and pepper, then toss to coat using your hands. Tip onto a baking sheet and bake for 12-15 mins until you have golden, crisp croutons. Set aside.
2 Meanwhile, boil the eggs in plenty of salted water for 7 mins, then plunge straight into an ice bath.
3 Put the yogurt, lemon zest and juice, sesame oil, chives, dill, gomashio and the remaining 1 tbsp olive oil in a large bowl. Whisk to combine and season well.
4 Mix the sliced cucumber into the dressing with most of the croutons and half of the trout. Spread over a serving platter and top with the remaining trout, flaked into chunks, some croutons and the halved eggs. Grind over a little black pepper, sprinkle with the reserved dill sprigs, then serve straightaway.

GOOD TO KNOW folate • 1 of 5-a-day
PER SERVING 478 kcals • fat 29g • saturates 8g • carbs 24g • sugars 6g • fibre 3g • protein 28g • salt 2.08g

Courgettes

As anyone who's grown courgettes will know, these are highly productive plants, bearing masses of delicious, nutty crops that you can fry, bake or grill.

Slow cooked courgette pasta

Transform a glut of courgettes into a silky pasta sauce and top with zesty breadcrumbs.

SERVES 2-3 **PREP** 10 mins
COOK 55 mins **EASY V**

- 95ml olive oil
- 3-4 courgettes, finely sliced using a mandoline if you have one
- 3 garlic cloves, finely sliced
- ½ tsp chilli flakes
- 35g panko breadcrumbs
- 1 lemon, juiced and zested
- 300g spaghetti
- 40g parmesan or vegetarian-style hard cheese, finely grated

1 Put a large, deep frying pan on a medium heat. Pour in all but 1 tbsp of the olive oil. Once hot, lower in the courgettes. Cook over a medium heat for 15 mins, stirring often, until they start to catch and turn a little golden and lightly charred.

2 Turn the heat down to low and cook for another 30 mins, stirring frequently, until they're nearly completely disintegrated. Sprinkle in a good pinch of salt, the garlic and chilli flakes. Turn the heat back up to high, and cook for a final 5-10 mins until lightly caramelised.

3 While the courgettes are cooking, heat the remaining 1 tbsp of oil in a small frying pan. Sprinkle in the panko breadcrumbs and some salt and pepper. Cook over a medium heat for 4-5 mins, stirring, until golden and crisp. Transfer to a small bowl and stir through the lemon zest. Put the spaghetti on to cook according to pack instructions.

4 When the pasta is al dente and the courgettes are cooked, transfer the pasta straight into the courgette pan using tongs, along with plenty of pasta water, and most of the parmesan. Mix very thoroughly, adding more pasta water as needed to create a glossy sauce. Finish with the lemon juice.

5 Sprinkle over the lemony breadcrumbs, the remaining parmesan and a few twists of black pepper to serve.

GOOD TO KNOW calcium • fibre • vit c • 1 of 5-a-day
PER SERVING (3) 762 kcals • fat 35g • saturates 7g • carbs 86g • sugars 6g • fibre 7g • protein 21g • salt 0.42g

Courgette flowers
Find out how to make the most of the edible flowers on page 76.

Shoot director FREDDIE STEWART | Food stylist JESSICA RANSOM Stylist MAX ROBINSON

Raspberries

Growing raspberries is a great investment as the plants often fruit for a decade or more. They're best eaten the day their picked, for maximum sweetness.

Raspberry & mango yogurt parfait

If you need a quick, prep-ahead dessert, this recipe is ideal. If you have any crumble mix leftover, you can eat it for breakfast the next day.

SERVES 4 **PREP** 15 mins
COOK 15 mins **EASY** **V**

250g raspberries
4 tbsp golden caster sugar
1 lime, zested and juiced
500g thick Greek yogurt
130g can alphonso mango pulp
For the oaty crumble
60g porridge oats
100g mixed nuts, roughly chopped
50g mixed seeds
1 tsp fennel seeds
2 tbsp maple syrup
2 tbsp vegetable oil

1 Start by making the oaty crumble. Heat the oven to 190C/170C/gas 5. In a small bowl, mix the oats, nuts, seeds and fennel seeds. Add a pinch of salt, then drizzle over the maple syrup and vegetable oil. Mix well, then spread out on a lined baking sheet. Bake for 12-15 mins until golden, leave to cool on the sheet, then break it up into chunky clusters. *Will keep for two weeks in an airtight container.*

2 Put the raspberries in a medium bowl and sprinkle over 2 tbsp of the caster sugar, half the lime juice and all the zest. Gently mash a few with a fork and leave to macerate while you prepare the rest of the dessert.

3 Put the yogurt in a large bowl with the remaining 2 tbsp caster sugar, remaining lime juice and half the mango pulp. Whisk to combine.

4 Spoon the mango yogurt, raspberries, oaty crumble and mango pulp into dessert bowls, jam jars or glasses to create layers (they don't have to be too precise). Finish with a layer of raspberries and a sprinkling of oats. *Will keep chilled for up to a day.*

GOOD TO KNOW calcium • folate • fibre • vit c • 1 of 5-a-day
PER SERVING 658 kcals • fat 41g • saturates 12g • carbs 53g • sugars 39g • fibre 6g • protein 18g • salt 0.23g

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BY NICK ALVIS

LEARN TO MAKE

Malaysian fusion

Malaysian-Scottish food writer **Julie Lin** expertly blends flavours from both cultures to create these comforting dishes

photographs LIZ SEABROOK

Sambal mussels

Julie Lin is a chef, food writer and restaurateur who has appeared on TV programmes such as *Saturday Kitchen* and *Food Fest Scotland*. Her Malaysian-inspired diner in her home town of Glasgow, GaGa, received a Michelin Bib Gourmand this year. *julielin.co.uk*

Curry leaf chicken legs with salted egg yolk sauce

Sambal mussels

Sambal lala, or chilli clams, is a beloved dish in Malaysia – a staple in the vibrant culinary landscape of Melaka. Inspired by my Scottish roots, I've added a twist to this traditional recipe. Scotland is renowned for its abundant and sustainable mussel populations, making them one of the most environmentally friendly shellfish.

SERVES 4-6 **PREP** 20 mins
COOK 25 mins **EASY**

1kg fresh mussels
200ml rapeseed oil
150ml tamarind water
3 tbsp kecap manis (sweet soy sauce)
2 tbsp gula melaka palm sugar or dark brown soft sugar
100g wild garlic leaves
lime juice, to taste
½ bunch of Thai basil leaves, torn, to serve
coconut rice, to serve (optional)

For the spice paste

7 banana shallots, peeled and roughly chopped
15 garlic cloves, peeled
20 dried red chillies, soaked in warm water, drained and mostly deseeded (depending on how spicy you like it)
3 long red chillies, roughly chopped
3 lemongrass stalks, cleaned, trimmed and roughly chopped
1 heaped tbsp sambal, toasted
2 tbsp gula melaka palm sugar or dark brown soft sugar

1 First, prepare the mussels. Begin by carefully scrubbing the mussels and debearding each one. Wash and clean the shells. Discard any that are open or don't close with a sharp tap.
2 To make the spice paste, put the shallots, garlic, dried and fresh chillies, lemongrass and toasted sambal in a food processor or blender, then blitz to a fine paste. Transfer to a bowl and stir in the sugar and 1½ tbsp salt.
3 When ready to cook, heat a large wok over a high heat and, once hot, pour in half the rapeseed oil to coat the base and allow it to reach a medium heat. Add the spice paste and stir-fry over a medium-low heat for 15 mins, moving it continuously so it doesn't burn. Add the rest of the rapeseed oil. If the paste looks like it's getting too dry, add a little more oil. The ideal state is when the oil has split from the sambal and risen to the top.
4 Add the tamarind water, kecap manis and palm sugar to the wok, allow it to reduce for about 2 mins, then season to taste with salt.
5 Reduce the heat to medium, add the mussels and toss in the sauce, then cover with a lid. Steam and check after 3-4 mins – once they've opened up, they're ready to be served. Discard any that do not open.
6 Add the wild garlic to the mussels in the wok, then toss everything together until well coated in the sauce.
7 Squeeze the lime juice to taste over everything, scatter over the torn basil leaves and give it a final stir. Serve piping hot with coconut rice.

GOOD TO KNOW vit c
PER SERVING (6) 464 kcals • fat 35g • saturates 3g • carbs 24g • sugars 20g • fibre 3g • protein 11g • salt 5.14g

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Curry leaf chicken legs with salted egg yolk sauce

I became obsessed with salted egg yolk sauce after trying it at a restaurant in Singapore. It has an incredible full-bodied flavour and rich and velvety texture.

SERVES 4 **PREP** 10 mins plus marinating **COOK** 45 mins **EASY**

2 tsp ground turmeric
1 tsp chilli powder
4 chicken legs, skin on
vegetable oil, for frying

For the salted egg yolk sauce

2 tbsp butter
2 garlic cloves, minced
3-4cm piece of ginger, peeled and finely chopped
4 baked salted egg yolks (see note, opposite)
10 fresh curry leaves, plus extra to garnish (optional)
2 red or green bird's-eye chillies, chopped (optional)
3 tbsp evaporated milk
1 tsp white sugar
¼ tsp ground white pepper

1 Combine the turmeric and chilli powder in a small bowl, then season with salt and black pepper. Rub this spice mixture into the chicken legs and marinate in the fridge for at least 30 mins, or ideally overnight.
2 Heat a generous amount of vegetable oil in a heavy-based pan over a medium heat. Carefully lower the chicken legs into the hot oil and fry until golden and fully cooked. (This should take about 10-15 mins on each side, depending on their size.) Once cooked, put the chicken on kitchen paper to drain excess oil.
3 Melt the butter in a saucepan over a medium heat and fry the garlic and ginger until fragrant. Add the salted egg yolks and cook, stirring continuously until it becomes a creamy, emulsified sauce. Add the curry leaves and chillies (if using), then stir for a further minute. Pour in the evaporated milk, then mix in the sugar and white pepper. Stir until the sauce is thick and creamy.
4 Once the sauce is ready, add the fried chicken and toss in the sauce until each piece is well coated. Serve hot, garnished with additional curry leaves, if you like.

GOOD TO KNOW gluten free
PER SERVING 607 kcals • fat 39g • saturates 13g • carbs 8g • sugars 3g • fibre 1g • protein 55g • salt 2.26g

note

To salt egg yolks, cover the base of a shallow plastic container with fine salt (about 2-3cm deep). Make gaps in the salt using a spoon, then carefully slide a yolk into each. Cover with more salt, then chill for 8 hrs, or overnight. The yolks will be sticky and gummy. *Will keep chilled in an airtight container for three days.* To bake for use in sauces or to sprinkle over dishes, heat the oven to its lowest setting (about 60C/40C fan), put the yolks on an oiled wire rack and bake for 3 hrs until dry and hard. *Will keep chilled in an airtight container for up to three months.*

Cucur udang prawn fritters

While I was in Cádiz in the south of Spain, I rediscovered these shrimp fritters, called tortillitas de camarones. I wondered whether the dish has connective roots to cucur udang, from when the Portuguese colonised Melaka. In Malaysia's colonisation, there's been a huge crossover with foods.

SERVES 5 as a snack or side
PREP 10 mins **COOK** 25 mins **EASY**

- 125g rice flour
- 40g white wholemeal or plain flour
- ½ tsp bicarbonate of soda
- pinch of ground turmeric
- 1 egg
- 15 whole, raw small-medium prawns, shelled and deveined, plus another 15 whole, raw small-medium prawns with shells left on, deveined
- handful of garlic chives or regular chives, chopped
- handful of beansprouts
- pinch of white pepper
- vegetable oil, for deep-frying
- sambal oelek, to serve

1 First, make the batter. Combine the rice flour, white wholemeal flour, bicarbonate of soda and turmeric in a large bowl. Crack in the egg, whisk it into the flour mixture, then gradually add 180ml water, a little at a time, to make a smooth batter. The consistency should be similar to a pancake batter – it should coat the back of a spoon but not be too thick.

2 Fold all the shelled and whole prawns, the garlic chives and beansprouts into the batter. Season with a pinch each of salt and white pepper.

3 Fill a deep-fat fryer or large, heavy-based saucepan no more than two-thirds full with oil and heat to 170C, or until a cube of bread browns in 30 seconds. Meanwhile, line a tray or plate with kitchen paper and keep a spider or slotted spoon to hand. Working in batches so you don't overcrowd the pan, spoon the batter into the oil to make small fritters (if there are too many fritters in the fryer at once, the oil temperature will drop and they won't crisp up). Deep-fry for 3-4 mins on each side until golden, crispy and cooked through. Transfer the prawn fritters to the lined tray or plate to drain any excess oil.

4 Once they are all cooked, serve the fritters immediately while hot with sambal oelek for dipping.

PER SERVING 244 kcals • fat 10g • saturates 1g • carbs 26g • sugars 0.2g • fibre 1g • protein 13g • salt 0.58g

Next level

BAKED STRAWBERRY CHEESECAKE

Showcase the best seasonal strawberries with this elevated take on the classic dessert

recipe BARNEY DESMAZERY ***photograph*** MAJA SMEND

Next level baked strawberry cheesecake

Many cheesecakes are made with a simple biscuit base and a chilled filling, but ours is elevated by a buttery crust and baked filling that's smooth, velvety and rich while still being light, thanks to a combination of soft cheese and soured cream. Lemon zest lifts the flavours, making it ideal for summertime – especially when topped with strawberries that have been macerated until soft and sweet. The berries are also glazed with jam for added shine and depth, making this a carefully balanced dessert that makes the most of ripe seasonal fruit.

SERVES 10-12 **PREP** 30 mins plus 1 hr cooling, 4 hrs chilling and 1 hr macerating **COOK** 1 hr 10 mins **MORE EFFORT** V

For the base

120g unsalted butter, melted, plus extra for the tin
300g digestive biscuits
25g golden caster sugar

For the filling

750g full-fat soft cheese
200g golden caster sugar
4 eggs
200ml soured cream
1 tsp vanilla extract
1 lemon, zested
2 tbsp plain flour

For the topping

400g strawberries, halved
25g golden caster sugar
100g strawberry jam
1 tbsp lemon juice

1 Heat the oven to 160C/140C fan/gas 3. Butter a 20cm springform cake tin and line the base with baking parchment. Blitz the biscuits to fine crumbs in a food processor, or put in a food bag and bash with a rolling pin. Tip into a bowl. Stir in the butter and the sugar until the mixture resembles damp sand. Press the mixture firmly into the base of the tin, then use the back of a spoon or a glass to press the crumbs up the side in an even layer. Chill for 20 mins to firm up.

2 Meanwhile, for the filling, beat the soft cheese and sugar together in a large bowl using an electric whisk until smooth and creamy. Add the eggs, one at a time, whisking well after each addition. Whisk in the soured cream, vanilla and lemon zest, then sift in the flour and fold through until just combined. Scrape the filling over the biscuit base and smooth the surface using a spatula.

3 Put the cheesecake on a baking tray and bake for about 1 hr 10 mins, or until the centre is just set with a very slight wobble. Turn the oven off and leave the cheesecake inside to cool with the oven door ajar for 1 hr. (This helps prevent cracking.) Once cooled, transfer to the fridge and chill for at least 4 hrs, or overnight.

4 Meanwhile, for the topping, put the strawberries in a sieve set above a bowl, then scatter over the sugar and toss to combine. Leave the strawberries to macerate for about 1 hr. Tip any strawberry juice from the bowl into a small pan with the jam and lemon juice, and warm over a low heat until the jam has melted and the mixture is glossy. Toss the strawberries through the jam mixture, then pile over the chilled cheesecake. *Will keep chilled for up to two days.* Carefully remove the cheesecake from the tin, transfer to a serving plate and slice into wedges to serve.

GOOD TO KNOW vit c
PER SERVING (12) 541 kcals • fat 34g • saturates 20g • carbs 49g • sugars 35g • fibre 2g • protein 8g • salt 0.85g

Shoot director FREDDIE STEWART | Food stylist JESSICA MCINTOSH | Stylist HANNAH WILKINSON

Our top tips

BISCUIT CASE

Pressing the biscuit base up the side of the tin means that you can support more of the filling. Slicing is easier, presentation is neater and there's crunch with every bite.

BAKING VS CHILLING

Unlike cheesecakes that are set with gelatine or chilling alone, baking creates a velvety texture and deeper flavour.

LEMON LIFT

The lemon zest in the filling adds brightness to cut through the rich soft cheese. It's also a perfect foil for the sweet berries.

TOUCH OF SILK

It's the combination of soft cheese and soured cream that ensures a silky filling. The former provides body and the latter adds subtle tang to help keep it light.

UP THE JAM

As well as creating a light glaze for the fruit, the jam brings another layer of strawberry flavour, so pick a quality one to bring the dessert together.

Fermenting for beginners

When you work as closely with the seasons as we do, some ingredients only have a short window before they go bad, so we like to preserve them to extend their season.

Lacto-fermenting is a simple, ancient method of preserving food in a brine solution, which kills the bad bacteria that causes food to rot and helps the good bacteria (called Lactobacillus) thrive. Sugars in the food are converted into lactic acid, which will ferment and preserve it, boosting the flavour in the meantime.

Lacto-fermented food is hailed as being good for our gut health because it's full of lively good bacteria and also preserves the fruit or vegetable's nutrients.

Expect a more acidic flavour from the food you're fermenting. At Osip, we typically use a brine made up of two per cent salt to 98 per cent water. In a sanitised jar, you simply submerge the ingredients in the brine, and let it sit for time and nature do the work. The amount of time will depend on what you're preserving, but generally it will help the produce last for weeks, and potentially even a few months. It also depends on factors like the ingredient's sugar content, the season and the humidity.

Sometimes, adding salt directly to vegetables is enough to draw out their water, which in turn makes its own brine and starts the process. You can get creative with what you use, from cucumber and garlic to plums and cherries. A great tip is to save the liquid from the process. It makes a fantastic seasoning, like a milder alternative to vinegar. A particular favourite is fermented carrot juice, which we use in a jam for cheese puffs or even to add depth to mixed beverages.

Merlin Labron-Johnson, chef at farm-to-fork restaurant Osip shares advice on foraging ingredients and cooking with them

Merlin earned a Michelin star at just 24 while he was head chef at Portland restaurant in London. In 2019, he opened Osip in Somerset, now in new premises with rooms, earning both a Michelin star and Green star. During lockdown, Merlin started an organic farm to supply his restaurants. He also runs the Old Pharmacy in Somerset, which showcases his commitment to sustainable cooking.
@merlin_johnson
@osiprestaurant
@oldpharmacybruton

WILD GARLIC vs NETTLES

Which does Merlin prefer?

WILD GARLIC
I love wild garlic, it reminds me of the beginning of spring – it's the light at the end of a long winter. You see those first shoots of green and there's a freshness to it. I like to use it in broths, like a chicken broth, as well as pesto. I also love make the seed buds into capers (see right).

NETTLES
We do some really nice things with nettles at my other restaurant, The Old Pharmacy. I really like something called malfatti or gnudi. It's a mixture of chopped, cooked nettles which you blend with ricotta, parmesan and nutmeg, and then roll into little dumplings that you poach. It goes great with wild garlic pesto.

VERDICT
The plants have different flavours and apply to different dishes but can also be brought together in some dishes as a celebration of wild foods.

Yasuyuki Takemoto shares expert tips for Japanese cuisine enthusiasts

Micro skills

Knife work - a small, often overlooked part of the process, but it matters. The way you handle an ingredient shows how much you respect it. I use a Yanagiba knife for its balance and control. It allows me to make clean, precision cuts.

Secret ingredient

KATSUOBUSHI & KOMBU

Katsuobushi (dried bonito flakes) and kombu (dried kelp) are not new and not flashy, but they're everything. Together, they form the base of dashi, which is at the heart of so many Japanese dishes. What I like about them is their quiet strength. They don't take the spotlight, but they shape everything that follows. At home, it's easy to overlook ingredients like this and to focus on the finish instead of the foundation. When the base is right, the rest don't need to work so hard.

THE ONE

We asked Yasuyuki, 'What's the one…'

…dish you cook at home better than anyone else?
At home, it's either lasagne or a simple chicken and vegetable hot pot. One slow and layered, the other warm and comforting. Both familiar. Both made to share.

…dish that changed your life?
Kaiseki.

…ingredient we should use more?
Local vegetables. Our tomatoes, cucumbers, and microgreens are exceptional. Fresh, full of character, and grown close to home, we don't need to look far for incredible quality and taste.

…kitchen tools you can't live without?
My Japanese Yanagiba knife and fish-bone tweezers.

…biggest mistake home cooks make?
Too many ingredients. When everything tries to stand out, nothing does. Flavours need space to breathe - to support each other, not compete. It's not about how much you use, but how well it works together.

…dessert you can't not order?
Fresh fruit with vanilla ice cream.

…storecupboard ingredient you won't compromise on?
Katsuobushi and kombu.

Head chef and sushi master Yasuyuki Takemoto brings over 33 years of experience, including running his own Izakaya and kaiseki restaurant in Japan. In the UAE, Yasuyuki was a sushi master at Matsu, Yas Links, before joining the Niri team. His passion for the art of sushi and Japanese cuisine inspires the exquisite selection of nigiri and yakitori at NIRI - MICHELIN-listed restaurant, awarded one toque by Gault&Millau and recently named among MENA's 50 Best Restaurants for 2025.

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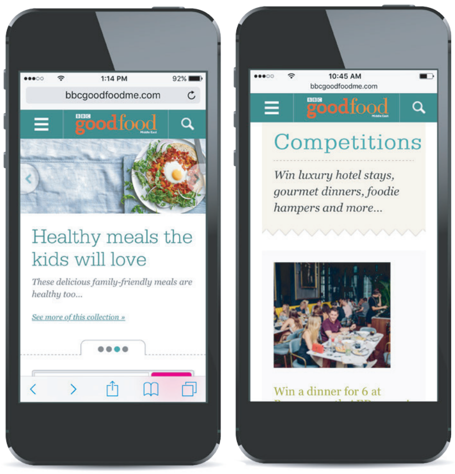
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summer batch cooking

Fill your freezer with exciting meals from 'The Batch Lady', **Suzanne Mulholland**, so there's no need to worry about dinner over the school holidays

recipes SUZANNE MULHOLLAND *photographs* TOM REGESTER

Mango, lime & chilli prawn fishcakes

Suzanne applied her expertise as a time management trainer in the kitchen to create The Batch Lady. Her make-ahead meals take just an hour to prepare, then dinner is ready and waiting for another day. She is the author of three cookbooks and teaches courses on batch-cooking. *@thebatchlady*

Mango, lime & chilli prawn fishcakes

These fishcakes are zesty, sweet, spicy and the most delicious summery meal. They can be frozen meaning you can make them ahead, defrost and heat when needed. I like to serve them with sticky rice and chopped carrot, cucumber and mango.

SERVES 4 **PREP** 15 mins
COOK 15 mins **EASY**
❄ fishcakes only

400g raw prawns, peeled and deveined
60g mango, finely chopped
1 lime, zested
2 garlic cloves, crushed
10g ginger, grated or 1 tsp ginger paste
small handful of coriander, finely chopped
1 egg, beaten
3 tbsp plain flour
½ red chilli, deseeded if you prefer less heat and finely chopped (optional)
1 tbsp vegetable oil

To serve
sticky rice or noodles, finely sliced carrot, mango and cucumber, and satay sauce

1 Tip the prawns into a food processor and blitz to a fine paste. Tip into a large bowl along with the mango, lime zest, garlic, ginger, coriander, egg, flour and chilli, if using. Season with salt and pepper and mix well.
2 Heat the oil in a frying pan over a medium heat. Take a tablespoon of the mix and, using the back of another spoon, push the mix into the frying pan into a circle like a pancake. Working in batches, fry until golden on each side and cooked through, around 8-10 mins. You should end up with 12 fishcakes.
3 Serve over sticky rice or noodles with sliced cucumber, mango and carrot, alongside the satay sauce.

GOOD TO KNOW vit c
PER SERVING 187 kcals • fat 5g • saturates 1g • carbs 14g • sugars 1g • fibre 1g • protein 21g • salt 0.6g

gf tip
To reheat
Defrost the fishcakes thoroughly, then cook in the oven or air fryer at 200C/180C fan/gas 4 for 5 mins.

Paneer, chickpea & spinach curry

This curry is packed full of goodness and a great meal to have in the freezer for busy nights.

SERVES 4 **PREP** 10 mins
COOK 20 mins **EASY** **V** ❄

2 tbsp vegetable oil
1 onion, finely chopped
10g ginger, grated or 1 tsp ginger paste
2 garlic cloves, crushed
1 tbsp medium curry powder
1 tsp garam masala
1 tsp ground turmeric
1 red chilli, deseeded if you prefer less heat, finely chopped
200g paneer, cut into 1cm cubes
2 x 400g cans of chickpeas, drained
400g can of coconut milk
400g frozen spinach, defrosted
120ml vegetable stock, made with 1 stock cube
1 tbsp mango chutney
½ lemon, juiced

To serve
steamed basmati rice, chopped coriander or whole leaves, sliced chilli (optional)

1 Heat the oil in a deep frying pan over a medium heat. Add the onion and cook for 3-4 mins until soft. Stir through the ginger and garlic along with all the spices and chilli. Cook for 1-2 mins until fragrant, then stir in the paneer and chickpeas. Add the coconut milk, spinach and stock. Bring to the boil then reduce to a simmer and cook for 20 mins until reduced and thickened.
2 Stir through the mango chutney then season to taste with salt, pepper and the lemon juice. Serve with rice, fresh coriander on top and some sliced chilli, if you like.

GOOD TO KNOW calcium • iron • fibre • 2 of 5-a-day
PER SERVING 604 kcals • fat 40g • saturates 23g • carbs 29g • sugars 7g • fibre 11g • protein 27g • salt 1g

gf tip
To reheat
Defrost if frozen, then put in a saucepan over low-medium heat until piping hot.

Pancetta, pea
& asparagus
orecchiette bake

Sausage fennel meatballs with creamy tomato butter beans

Pancetta, pea & asparagus orecchiette bake

This delicious spring pasta bake is a great one for the whole family and freezes brilliantly. I've used orecchiette but you can change up the pasta shape.

SERVES 4 **PREP** 20 mins
COOK 30 mins **EASY** ❄ P

- 300g dried orecchiette pasta
- 80g frozen peas
- 1 tbsp olive oil
- 130g pancetta
- 125g asparagus spears, trimmed and cut into 4
- 1 garlic clove, finely sliced
- 75g butter
- 75g plain flour
- 750ml milk
- 60g cheddar, grated
- 90g parmesan, grated
- 20g panko breadcrumbs

1 Bring a saucepan of salted water to the boil. Add the orecchiette and cook for 4 mins less than stated on the pack instructions. Add the peas for the final minute of cooking. Drain and set aside.

2 Heat the oil in a large frying pan over a medium heat. Add the pancetta and fry until golden, around 6 mins. Add the sliced asparagus and garlic, and cook for 2-3 mins, then tip everything into a bowl and set aside.

3 Melt the butter in the frying pan. Whisk in the flour and start to add the milk a little at a time, whisking well until you have a creamy sauce. Simmer for 3-4 mins until thickened. Remove from the heat and stir through the cheddar and 60g of the parmesan. Once melted and smooth, season the sauce to taste. Mix in the cooked pasta and the asparagus mixture. Spoon into an ovenproof dish (ours was 25 x 30cm). Scatter over the breadcrumbs along with the remaining parmesan.

4 If cooking immediately, heat the grill to high. Grill for 5-6 mins until golden and bubbling. Otherwise, leave to fully cool and cover well before freezing.

GOOD TO KNOW calcium • fibre
PER SERVING 932 kcals • fat 48g • saturates 25g • carbs 84g • sugars 11g • fibre 7g • protein 38g • salt 2.2g

tip

To reheat
Defrost if frozen, then heat the oven to 200C/180C fan/gas 4. Bake for 25 mins until golden. Finish under a hot grill to crisp up the topping.

Sausage fennel meatballs with creamy tomato butter beans

This twist on traditional meatballs using sausagemeat and ricotta makes the juiciest meatballs, which are baked here with deliciously creamy butter beans and tomatoes.

SERVES 4 **PREP** 20 mins
COOK 25-30 mins **EASY** ❄

- 2 tbsp olive oil
- 2 garlic cloves, finely sliced
- 1 tbsp tomato purée
- 400g can chopped tomatoes
- 2 x 400g cans butter beans, drained
- 400g pork sausagemeat or sausages, skins removed
- 1 tsp fennel seeds
- 100g ricotta
- 20g parmesan, grated, plus extra to serve
- 20g panko breadcrumbs
- 70ml double cream
- small handful of basil, finely chopped, to serve

1 Heat the oil in a saucepan over a medium heat. Add the garlic and cook for 1 min before adding the tomato purée. Cook for 1 min, then add the chopped tomatoes, swilling out the can with water, adding that too, then the butter beans. Bring to a simmer and cook for 10 mins.

2 Tip the sausagemeat, fennel seeds, ricotta, parmesan and breadcrumbs into a large bowl and season with pepper. Mix well using your hands then divide into 12 balls. Remove the sauce from the heat, add the cream and season to taste.

3 Heat the oven to 200C/180C fan/gas 4. Pour the creamy butter beans into a shallow baking dish and put the meatballs on top. Cook in the oven for 25-30 mins. Top with extra grated parmesan and fresh basil. Otherwise, leave to cool fully, cover well and freeze.

GOOD TO KNOW calcium • fibre • 2 of 5-a-day
PER SERVING 596 kcals • fat 39g • saturates 16g • carbs 31g • sugars 7g • fibre 10g • protein 25g • salt 1.6g

tip

To reheat
Defrost if frozen, heat the oven to 200C/180C fan/gas 4, then cook in the oven for 25-30 mins. Once cooked, top with the remaining grated parmesan and basil.

Shoot director JORDAN EDMONDS-MOORE | Food stylist JESSICA RANSOM | Stylist AGATHE GITS.
Headshot photograph ANDREW HAYES-WATKINS

Za'atar & lemon chicken traybake

This simple traybake recipe combines Lebanese spices, crispy chicken and vegetables to create the most delicious prep-ahead one-pan meal. This means when you come to cook, all you need to do is tip onto a tray and cook.

SERVES 4 **PREP** 15 mins
COOK 35 mins **EASY** ❄

4 medium floury potatoes, cut into wedges
3 tbsp olive oil
2 tbsp za'atar
2 tsp sumac
1 tsp paprika
2 garlic cloves, crushed
2 lemons, 1 juiced and 1 cut into slices
8 bone-in, skin-on chicken thighs
2 red onions, cut into chunks
100g mixed olives, pitted
small handful of parsley, finely chopped
natural yogurt, to serve

1 Put the potato wedges in a saucepan of salted, cold water, bring to the boil and cook for 3 mins. Drain and leave to cool.

2 Mix the olive oil with the za'atar, sumac, paprika, garlic, lemon juice and 1 tsp salt in a large bowl to create a paste. Add the chicken thighs, red onion chunks, olives and the sliced lemon. Tip in the cooled potato wedges and toss everything well in the spice paste.

3 Heat the oven to 200C/180C fan/ gas 4. Tip everything onto a baking tray arranging the chicken thighs on top. Cook for 35-40 mins until golden. To serve, scatter with the parsley and top with some yogurt Otherwise, leave to cool, put in a container and freeze.

GOOD TO KNOW fibre • gluten free
PER SERVING 667 kcals • fat 33g • saturates 8g • carbs 49g • sugars 7g • fibre 9g • protein 38g • salt 2.6g

tip

To reheat
Defrost thoroughly if frozen, then heat the oven to 200C/180C fan/ gas 4. Tip everything onto a baking tray, arranging the chicken thighs on top. Cook for 35-40 mins until golden and cooked through.

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Healthy summer dinner plan

Boost your body confidence

p100

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A-Z on Cooking Oils **p90**

eat well for... Heart health **p96**

A-Z on Cooking Oils

With supermarket shelves brimming with options from coconut to olive oil and plenty more, how do you know which bottle to reach for? Suzan Tabulsi, Clinical Dietitian MSc DHA at King's College Hospital London in Dubai shares her expert insights

Derived from fats extracted from seeds, nuts, fruits or vegetables, cooking oils are used to add flavour, carry heat, and in some cases, offer a nutritional boost. Not all cooking oils are the same - each has a unique smoke point, nutritional profile, and best use. This comprehensive guide delves into the most commonly used oils in home kitchens, helping you choose the right one for every dish.

Avocado Oil

Extracted from avocado pulp. Avocado oil is nutrient-rich and one of the cooking oils with the highest smoke points. Store in a cool, dark place to protect its sensitive monounsaturated fats and antioxidants from light and heat.

Flavour: Buttery, mild, slightly grassy.
Best for: Grilling, roasting, frying and drizzling.
Usage: Suitable for both hot and cold applications. Versatile but more premium.

Canola Oil

Canola is an acronym for "Canadian Oil, Low Acid," coined in the 1970s by the Rapeseed Association of Canada to set apart these new low-erucic rapeseed varieties from traditional rapeseed oil. It's a safe, high-smoke-point cooking oil with a neutral flavour, making it a blank canvas that allows herbs, spices, and ingredients to shine.

Flavour: Very neutral, clean-tasting.
Best for: Frying, baking, roasting, sautéing.
Usage: A go-to oil for high-heat cooking. Its light profile and affordability make it a staple in home and commercial kitchens.

Coconut Oil

Pressed from the white meat (kernel) of mature coconuts, coconut oil is traditionally extracted either by cold-pressing (virgin) or by pressing dried coconut meat (copra) and then refining. Look for certified organic or Fair-Trade coconut oil to ensure responsible agricultural practices, fair wages for coconut farmers, and minimal environmental impact in tropical growing regions.

Flavour: Sweet and coconutty (virgin); neutral (refined).
Best for: Baking, curries, sautéing.
Usage: Virgin coconut oil adds tropical flavour; refined is more neutral and versatile.

Smoke Points Explained

The smoke point is the temperature at which oil starts to smoke and break down. When this happens, it not only imparts a bitter taste but can also release harmful compounds. As a general rule:

High-smoke point oils

(e.g. sunflower, vegetable, peanut) are great for frying and roasting.

Lower smoke point oils

(e.g. extra virgin olive oil, walnut) are best for dressings or drizzling.

Corn Oil

Extracted from the germ of corn kernels, corn oil is a popular vegetable oil known for its high smoke point and mild flavour. It's widely used in home kitchens for frying and baking due to its affordability and versatility.

Flavour: Light, neutral, slightly sweet.
Best for: Deep-frying, sautéing, baking, grilling.
Usage: Ideal for high-heat cooking where you want a neutral-tasting oil that won't overpower dishes.

Grapeseed Oil

Grapeseed oil is the upcycled byproduct of winemaking. After grapes are pressed for juice or wine, the leftover seeds are collected, dried, and cold-pressed or expeller-pressed to yield a pale, light oil.

Flavour: Neutral, faintly fruity with a light mouthfeel.
Best for: Searing, sautéing, dressings.
Usage: Great for high-heat cooking or as a neutral base for vinaigrettes.

Olive Oil

Olive oil is extracted from olives and comes in different varieties, mainly extra virgin and refined. Extra virgin olive oil is cold-pressed, preserving its rich, fruity flavour and antioxidants, making it perfect for dressings, drizzling, and low to medium-heat cooking. Refined olive oil is processed to remove impurities, resulting in a lighter, more neutral oil with a higher smoke point, suitable for sautéing and frying where a milder taste is desired.

Flavour: Fruity, grassy, and peppery (extra virgin); mild and neutral (refined).
Best for: Extra virgin is ideal for salads, dips, finishing dishes, and gentle cooking; Refined olive oil works well for frying, roasting, and high-heat cooking.
Usage: Use extra virgin olive oil to enhance flavour in cold or lightly cooked dishes. Choose refined olive oil for everyday cooking requiring higher temperatures or a less pronounced taste.

Peanut (Groundnut) Oil

Popular in Asian and Southern cuisines, peanut oil is extracted from the kernels of peanuts (groundnuts) and typically produced by roasting or blanching the nuts, then pressing them either cold-pressed (unrefined) for stronger flavour, or refined/expeller-pressed for a milder profile.

Flavour: Lightly nutty.
Best for: Stir-fries, deep-frying, grilling.
Usage: Excellent for wok cooking and frying without overpowering other flavours.

Rapeseed Oil

Rapeseed oil comes from the seeds of the rapeseed plant and available in two main forms: cold-pressed and refined. Cold-pressed rapeseed oil is extracted mechanically without heat, preserving its mild, nutty flavour and valuable nutrients, making it ideal for dressings, drizzling, and gentle cooking. Refined rapeseed oil undergoes heat and processing to produce a neutral-tasting oil with a higher smoke point, perfect for frying, baking, and everyday cooking where flavour neutrality is preferred.

Flavour: Mild, slightly nutty (cold-pressed); neutral (refined).
Best for: Cold-pressed is great for salads, dressings, and roasting. Refined rapeseed oil is ideal for frying, baking, and general high-heat cooking.
Usage: Use cold-pressed for flavourful finishing touches or low-heat recipes. Reach for refined rapeseed oil when cooking at higher temperatures or when a neutral oil is needed.

Understanding Omega-6 and Omega-3 Fatty Acids

“Omega-6 is an essential polyunsaturated fat meaning you need to get it from your diet. Mainly found in nuts, seeds, and seed oils (sunflower, corn, soybean oil). Although you need omega-6 for heart health and cell integrity, too much omega-6 can increase inflammation because it can be converted to another fatty acid (arachidonic acid). On the other hand, omega-3 is also an essential polyunsaturated fat known for its anti-inflammatory properties. However, high amounts are not usually found in oils and if found, it should only be used for cold use like dressings. For example, unrefined flaxseed oil or hemp seed oil and unrefined canola oil. Aim to reduce very high omega-6 oils (corn and sunflower) and increase your intake of omega-3 in oils and fatty fish,” says Suzan Tabulsi.

Sesame Oil

Sesame oil is pressed from the seeds of the Sesamum indicum plant. After harvesting, seeds are either left raw or gently toasted before pressing, yielding two distinct oils.

Flavour: Nutty, rich, toasty (toasted variety).
Best for: Finishing dishes, dressings, marinades.
Usage: Use sparingly as a finishing oil to add depth and aroma to Asian-inspired dishes.

Vegetable Oil

Seed kernels are mechanically pressed, then the combined oils are refined (bleached and deodorised) to remove impurities, colour, and aroma. Typically a refined blend (e.g., soybean, corn, sunflower), vegetable oil is widely used in home and commercial kitchens.

Flavour: Very mild, nearly flavourless.
Best for: Deep-frying, baking and general cooking.
Usage: Ideal for use where taste neutrality is important.

Sunflower Oil

Sunflower oil is pressed from the seeds of the sunflower plant (Helianthus annuus). After harvesting, seeds are hulled and either cold-pressed (virgin) or mechanically pressed and then refined to yield the familiar clear, pale oil. This oil is high in vitamin E.

Flavour: Light, neutral.
Best for: Frying, roasting, baking.
Usage: Excellent for high-heat cooking or when a clean, flavourless oil is preferred.

Suzan Tabulsi, *Clinical Dietitian MSc DHA at King's College Hospital London in Dubai answers your health and nutrition questions*

How can I tell if a cooking oil is healthy just by reading the label?

When picking a cooking oil, choose minimally processed, for example, extra virgin or cold-pressed olive or avocado oil. These retain natural antioxidants and nutrients. In contrast, when seeing the label RBD (refined, bleached, deodorized) or "refined", it means the oil was heavily processed during preparation, leading to a reduced nutrient profile. As for smoke point, not all oils with a high smoke point are healthy. We usually see that most refined oils are the ones with a high smoke point (refined canola, corn, or sunflower). Refined oils have already been exposed to high heat and pressure to extract the oil. These are usually harmful to our health. Choose unrefined avocado oil for the best high smoke point.

What are the potential long-term health impacts of regularly consuming refined vegetable oils?

With refined vegetable oils, you are getting fewer nutrients and antioxidants because the oil has been extracted using high heat and chemical solvents. It puts your body at higher risk of inflammation, which is linked to heart diseases, diabetes, obesity, and autoimmune conditions. Additionally, refined oil is more prone to oxidation, which can cause cellular damage. Choose extra virgin olive oil instead, which is rich in polyphenol antioxidants and vitamin E, and the healthiest oil for you.

Should I choose a cooking oil based on my individual health goals?

In terms of calories, all oils have the same amount, which is around 120 calories per tablespoon. Olive oil has been linked to a lower risk of heart disease and cardiovascular death. Avocado oil may increase your good cholesterol (HDL). Replacing saturated fat like butter with unsaturated oil like unrefined canola oil, olive oil, or avocado helps lower your cholesterol.

eat well for…

Heart health

Dr Chintal Patel explains how making food and lifestyle changes can help keep your heart healthy

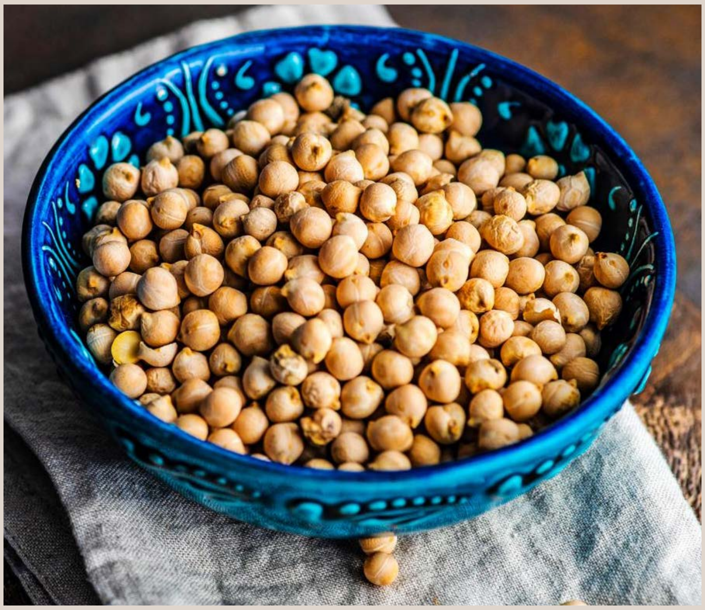
Chintal is a long-serving GP for the NHS as well as a food content creator, cookbook author and our regular contributor. She has a passion for nutrition and lifestyle medicine, and aims to help people approach cooking and eating in a way that supports overall wellbeing. *@drchintalskitchen*

Your heart and blood vessels, collectively known as the cardiovascular system, are responsible for pumping and transporting blood throughout the body, delivering oxygen and essential nutrients to organs and muscles to keep them functioning at their best. Taking care of your heart is, therefore, key to maintaining overall health and well-being.

Cardiovascular disease (CVD) remains the leading cause of death worldwide, but diet and lifestyle can play a powerful role in prevention. Research shows that risk factors such as high blood pressure, elevated cholesterol and inflammation can be effectively managed through nutrition. Adopting a heart-healthy diet supports cardiovascular function and improves your overall health. Even small, consistent changes in your daily routine can lead to significant long-term benefits for your heart. Below are some points to remember.

Foods to include in your diet

- **High-fibre foods:** Wholegrains (oats, quinoa, brown rice), legumes (lentils, chickpeas) and vegetables are all high in fibre, particularly soluble fibre, which is the type that helps to lower LDL ("bad" cholesterol). Fibre also slows digestion and stabilises blood sugar. Studies show that increasing fibre intake significantly reduces CVD risk and mortality.
- **Healthy fats**: Unsaturated fats, especially omega-3 fatty acids found in oily fish (salmon, mackerel, sardines), nuts (especially walnuts and almonds) and seeds (chia and flax seeds) help to reduce inflammation and lower triglyceride levels. Olive oil contains monounsaturated fats and polyphenols which also help to lower HDL cholesterol and improve blood vessel function.
- **Fruits and vegetables:** Leafy green vegetables (spinach and kale) are rich in nitrates which help to dilate blood vessels and improve circulation. Berries, tomatoes and citrus fruits contain flavonoids and polyphenols that help to reduce arterial stiffness and vessel function which reduces the risk of high blood pressure.
- **Plant-based protein:** Try eating more beans, lentils, tofu and nuts, linked to a reduced risk of CVD. In addition, soy-based products and legumes contain phytoestrogens which have been found to support vascular health.
- **Dark chocolate (85%+) and green tea**: Both contain flavonoids that help lower blood pressure. Green tea also contains antioxidants that help to lower LDL cholesterol and improve blood vessel function.



Foods to limit

Processed meats and red meat

A high intake of processed and red meats is associated with increased CVD risk. Limiting these foods can contribute to better heart health. Try swapping out meat for plant-based sources of protein.

Refined carbs and sugars

Studies show that diets high in refined carbs and added sugars are linked to adverse CVD outcomes. Try swapping desserts for fresh fruit and yogurt.

Excess salt

High sodium intake is associated with increased blood pressure which is a risk factor for CVD. Try slowly reducing or halving the salt in recipes and avoid added salt at the dinner table.

What else can I do?

- **Regular exercise** Regular physical activity is associated with a significant reduction in CVD risk. Aim for at least 150 minutes of moderate intensity (brisk walking, cycling) or 75 minutes of vigorous intensity (eg. HIT workout) aerobic exercise per week.
- **Prioritise sleep** Research shows that poor sleep quality is linked to an increased risk of CVD and stroke. Aim for 7-9 hours per night and try to go to bed and wake up at the same time every day, even at weekends.
- **Manage stress** Chronic stress contributes to high blood pressure and other cardiovascular risk factors. Try to add stress management techniques to your daily routine like meditation and mindfulness. And laugh more – laughter is known to lower stress hormones.

Photographs FCAFOTODIGITAL/E+/GETTY

Summer salad with pan-fried salmon

This is an easy midweek meal that is high in protein and fibre, and ideal for eating outdoors.

SERVES 4 **PREP** 10 mins
COOK 18 mins **EASY**

150g wholewheat giant couscous
320g baby spinach leaves
240g black beans, drained
160g cherry tomatoes, halved
80g roasted peppers in a jar, sliced
¼ red onion, thinly sliced
½ avocado, cubed
30g Kalamata olives
olive oil, for frying
2 x 140g salmon fillets

For the dressing

1-2 cloves garlic, crushed
2 tbsp extra virgin olive oil
4 tbsp lemon juice
1 tsp Dijon mustard
handful of fresh coriander, finely chopped
1 red chilli, finely chopped

1 Cook the couscous in 500ml boiling water for 7-8 mins. In the last minute, add the spinach and stir until wilted. Drain thoroughly and transfer to a large salad bowl.
2 Tip in the black beans, tomatoes, peppers, onion, avocado and olives.
3 Stir in the cooked couscous and spinach, mixing well.
4 Heat a pan over medium heat, add a little oil and pan-fry the salmon fillets for 4 mins on each side until opaque and cooked through. Remove from the heat.
5 In the same pan, fry the garlic for about a minute until soft. Remove from the heat, then add the extra virgin olive oil, lemon juice, Dijon, coriander and chilli, stirring it all together to make the dressing.
6 Plate up the salad with the salmon on top, or flake into pieces and stir it through the salad. Drizzle over the dressing to serve.

GOOD TO KNOW healthy • folate • fibre • vit c • 3 of 5-a-day
PER SERVING 474 kcals • fat 23g • saturates 4g • carbs 35g • sugars 4g • fibre 12g • protein 28g • salt 0.79g

9 plant points in one meal

High in fibre

3 of your 5-a-day

Olives/olive oil contain polyphenols and phytochemicals that help reduce inflammation, lower HDL cholesterol and improve blood vessel function

Avocados are packed with monounsaturated fats, which help lower LDL "bad" cholesterol and increase HDL "good" cholesterol

Black beans are rich in soluble fibre, help lower LDL ("bad") cholesterol and regulate blood sugar

Spinach helps dilate blood vessels and improve circulation

Tomatoes contain lycopene, a powerful antioxidant that helps lower blood pressure

Peppers contain vitamin C, carotenoids and polyphenols, which help reduce inflammation and improve blood sugar levels

Red onion contains quercetin, which has been shown to lower blood pressure and reduce arterial stiffness

Garlic contains allicin, which has been shown to lower blood pressure and reduce arterial stiffness

Salmon contains omega-3 which can reduce inflammation and triglycerides (blood fats)

Wholewheat giant couscous is a good source of dietary fibre, helping regulate cholesterol and blood sugar levels

Photograph JONATHAN GREGSON | Shoot director FREDDIE STEWART | Food stylist JESSICA MCINTOSH | Stylist MAX ROBINSON

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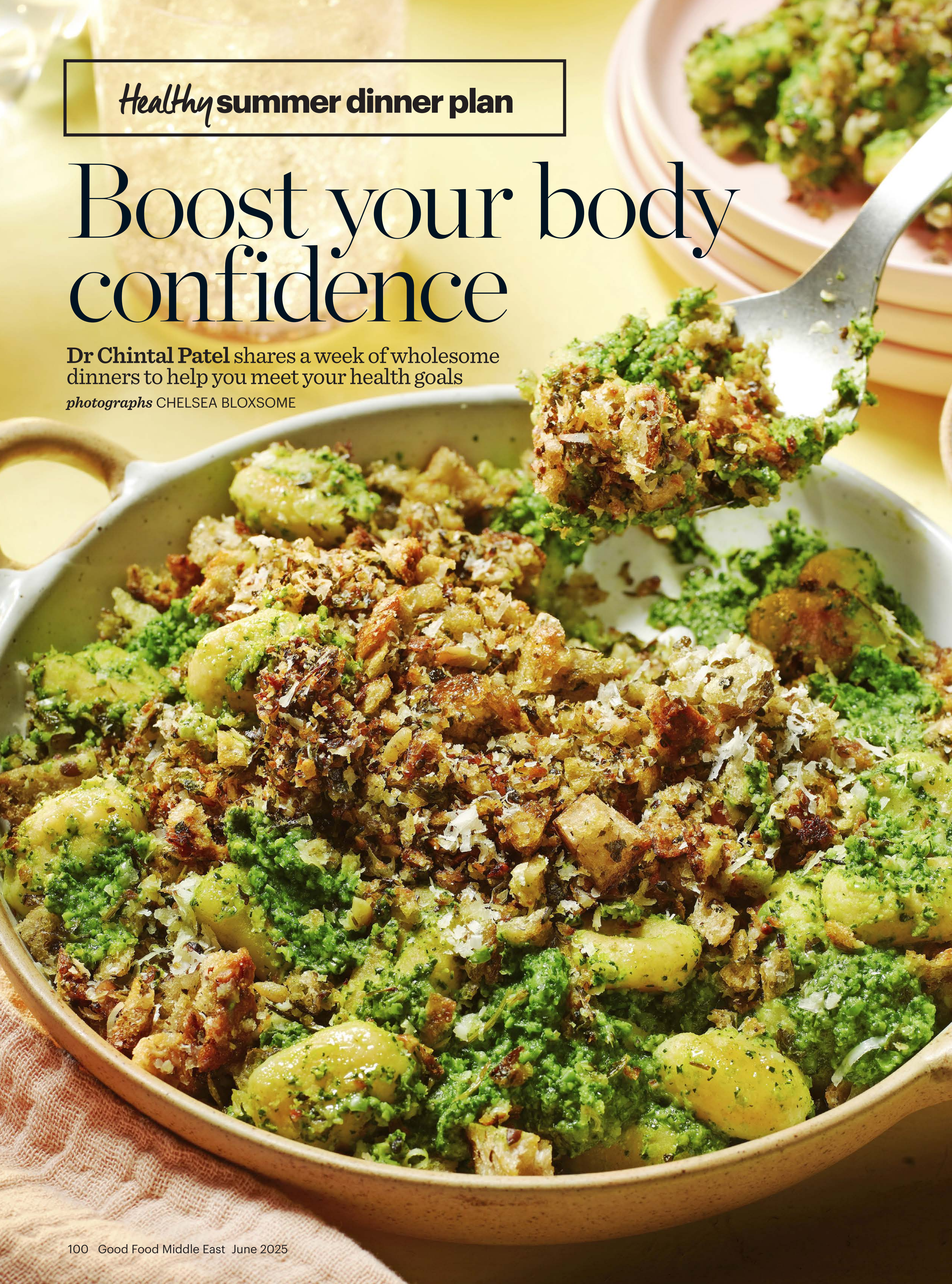

Healthy **summer dinner plan**

Boost your body confidence

Dr Chintal Patel shares a week of wholesome dinners to help you meet your health goals

photographs CHELSEA BLOXSOME

Welcome in summer with a brighter, healthier you. Our latest Healthy Diet Plan has been devised by NHS GP and award-winning recipe creator Dr Chintal Patel, delivering a week's worth of healthy recipes to help you meet your goals, whether that's weight loss, sticking to healthy eating recommendations or stacking up 30 plant points to improve your gut microbiome.

You can find the full plan – taking you from breakfast through to lunch and dinner across seven days – on our app. This is calculated with a modest shortfall in calories to support steady weight loss. But if you're not looking to lose weight, just add one of our healthy snack recipes each day (also available on the Good Food app).

For a taste of Dr Chintal's exclusive summer plan, we're featuring her latest healthy dinner recipes in the following pages. They're packed with nutritious ingredients and simple ideas to boost flavour, creating a delicious way to feel your best this summer.

Your 7-day dinner plan for two

monday		**Super-green gnocchi with garlic breadcrumbs**
tuesday		**Leek, pea & spinach orzo**
wednesday		**Tandoori trout traybake with cucumber raita**
thursday		**Rose harissa tempeh kebabs with bulgur wheat**
friday		**Chipotle chicken in tortilla bowls**
saturday		**Thai basil prawns & mango salsa**
sunday		**Yogurt, chickpea & spinach curry**

Super-green gnocchi with garlic breadcrumbs

Puréeing kale and peas into the sauce ensures this gnocchi is packed full of fibre and nutrients. Made in one pan and easy to prepare, it's the perfect meal for a meat-free Monday. Serve on its own or with a side salad.

SERVES 4 **PREP** 10 mins
COOK 40 mins **EASY** **V**

- 500g fresh gnocchi
- 1 red onion, finely chopped
- 4 garlic cloves, crushed
- 200g cavolo nero, roughly chopped
- 320g frozen petit pois, defrosted
- 1 lemon, zested
- salad, to serve

For the garlic breadcrumbs

- 3-4 slices seeded wholemeal sourdough (about 180g), roughly torn
- 25g flat-leaf parsley, roughly chopped
- 25g coriander, roughly chopped
- 3 garlic cloves, crushed
- 1 tbsp olive oil
- 80g parmesan or vegetarian alternative, finely grated

1 Heat the oven to 200C/180C fan/gas 6. Heat a large, dry frying pan over a medium heat and fry the gnocchi for 5-6 mins until golden and crisp. Remove to a bowl.

2 Meanwhile, for the breadcrumbs, put the bread, herbs and garlic in a food processor and pulse to coarse crumbs. Heat half the oil in the pan over a medium heat and toast the breadcrumbs for 6-8 mins until golden all over. Transfer to a bowl, stir in the parmesan and season.

3 Cook the onion in the same pan with the remaining oil until soft and lightly browned, about 8-10 mins. Add the garlic and cook for 1 min more until fragrant. Mix in the cavolo nero, peas and 350ml water, season well, cover and cook over a medium-high heat for 10-15 mins until softened and tender. Transfer to a blender with the lemon zest and blitz until smooth. Stir the sauce into the bowl with the gnocchi and season to taste.

4 Sprinkle over the breadcrumbs and serve immediately, either on its own or with a side salad.

GOOD TO KNOW healthy • calcium • fibre • vit c • 2 of 5-a-day

PER SERVING 479 kcals • fat 12g • saturates 5g • carbs 61g • sugars 9g • fibre 14g • protein 24g • salt 0.75g

Leek, pea & spinach orzo

Achieve three of your five-a-day in this bright dinner packed with gut-friendly prebiotic fibre. You can swap out the veg for any seasonal alternatives – asparagus works well if available.

SERVES 4 **PREP** 20 mins
COOK 20 mins **EASY** **V**

- 1 tbsp olive oil
- 4 large garlic cloves, finely sliced
- 320g leeks, finely sliced
- 250g orzo
- 320g frozen peas
- 10g tarragon sprigs, leaves picked
- 320g spinach
- 1/2 lemon, zested and juiced
- 2 tbsp crème fraîche

1 Heat the oil in a large pan over a medium heat and fry the garlic for 3-4 mins until soft and golden. Add the leeks and a pinch of salt. Cook for 6-8 mins until soft and wilted.
2 Meanwhile, cook the orzo following pack instructions. Drain, reserving a little of the cooking water.
3 Stir the peas, tarragon and two large handfuls of the spinach into the leeks. Cook until the spinach is wilted before adding more, cooking in batches until all the spinach has been incorporated. Season well and stir in a splash of the reserved pasta cooking water. Stir in the lemon zest and juice, the orzo and crème fraîche, along with another splash of the cooking water to adjust the consistency as needed. Serve immediately.

GOOD TO KNOW healthy • low fat • low cal • folate • fibre • vit c • 3 of 5-a-day
PER SERVING 390 kcals • fat 8g • saturates 3g • carbs 58g • sugars 7g • fibre 11g • protein 16g • salt 0.12g

Tandoori trout traybake with cucumber raita

Enjoy your recommended weekly portion of oily fish in this simple, flavourful traybake. Trout fillets are also a more sustainable option, but you can substitute them with another oily fish, like salmon, if you like.

SERVES 4 **PREP** 15 mins
COOK 35 mins **EASY**

650g sweet potatoes, halved and cut into 1cm-thick slices
1 tbsp extra virgin olive oil
4 tbsp lime juice
1-2 tbsp tandoori masala (according to your preference for heat)
4 x 140g trout fillets
320g long-stemmed broccoli
320g asparagus tips
160g cherry tomatoes
20g flaked almonds
10g coriander, finely chopped
1 red chilli, finely sliced
For the raita
100g low-fat live yogurt
½ cucumber, coarsely grated
½ tsp ground cumin

1 Heat the oven to 200C/180C fan/gas 6. Tip the sweet potatoes into a large, shallow roasting tin and drizzle over the oil. Season, toss well and arrange in a single layer. Roast for 15 mins.

2 Meanwhile, mix the lime juice and tandoori masala together in a small bowl. Brush this mixture over the trout fillets. Put the broccoli, asparagus tips and tomatoes in the tin with the sweet potatoes, season and toss well. Nestle the trout fillets on top of the veg. Sprinkle over the flaked almonds and bake for 15-20 mins, depending on how thick the fish is, until the trout is cooked through.

3 Combine the raita ingredients and season well. Scatter the coriander and chilli over the traybake and serve with the raita on the side.

GOOD TO KNOW healthy • low cal • folate • fibre • vit c • iron • omega-3 • 4 of 5-a-day • gluten free
PER SERVING 490 kcals • fat 15g • saturates 3g • carbs 44g • sugars 16g • fibre 11g • protein 39g • salt 0.51g

Rose harissa tempeh kebabs with bulgur wheat

When the weather's cooperating, cook these kebabs on the barbecue – but if it's not, they can just as easily be cooked in the oven.

SERVES 4 **PREP** 30 mins
COOK 30 mins **EASY V**

- 200g tempeh, cut into 2cm cubes
- 1 red onion, cut into thin wedges
- 1 red and 1 yellow pepper, each cut into 3cm cubes
- 2 small courgettes, halved and cut into 3cm-thick slices
- 50g rose harissa paste

For the bulgur salad

- 250g bulgur wheat
- 90g Kalamata olives, pitted and halved
- 2 ripe tomatoes, roughly chopped
- 30g parsley, finely chopped
- 100g pomegranate seeds

For the tahini drizzle

- 4 tbsp tahini
- 4 tbsp lemon juice

1 First, make the bulgur salad. Cook the bulgur wheat following pack instructions, then drain well and set aside to cool. Once cooled, stir in the olives, tomatoes, parsley and pomegranate seeds, then season.
2 Heat the oven to 200C/180C fan/ gas 6 or light the barbecue. Put the tempeh, onion, peppers, courgettes and rose harissa in a large bowl and mix well to coat. Thread the tempeh and veg alternately on eight metal skewers and arrange on a baking tray. Bake for 20-25 mins. Or cook on the barbecue until golden and lightly charred at the edges.
3 Meanwhile, for the tahini drizzle, combine the tahini and lemon juice, then add a splash of water until the mixture can be drizzled. Serve the kebabs with the bulgur salad, drizzled with the tahini sauce.

GOOD TO KNOW vegan • healthy • folate • fibre • vit c • iron • 2 of 5-a-day
PER SERVING 502 kcals • fat 22g • saturates 3g • carbs 46g • sugars 13g • fibre 13g • protein 22g • salt 1.31g

Chipotle chicken in tortilla bowls

This is a fun Friday night meal that can be totally customised for each person – serve the empty tortilla bowls on plates, then put all the fillings in the middle of the table for everyone to fill up their bowls as they like. It ticks all five of your five-a-day boxes, and can be made vegetarian by swapping out the chicken for halloumi or tofu.

SERVES 4 **PREP** 25 mins plus marinating **COOK** 45 mins **EASY**

4 large wholemeal or corn tortillas
500g skinless, boneless chicken breasts
6-8 tsp chipotle paste
4 tbsp lime juice
4 ripe tomatoes, finely chopped
1 small red onion, finely chopped
2-3 tbsp pickled jalapeños, chopped
neutral-tasting oil (such as vegetable), for frying
½ iceberg lettuce, finely shredded
2 ripe avocadoes, stoned, halved, peeled and finely chopped
340g can sweetcorn, drained
400g can black beans, drained and rinsed

For the dressing

1 tbsp chipotle paste
2 tbsp honey
3 tbsp extra virgin olive oil
3-4 tbsp lime juice

1 Heat the oven to 200C/180C fan/gas 6. Gently press each tortilla into an oven-safe bowl, folding creases in the sides to ensure it fits snugly (if you don't have multiple bowls, you'll need to do this in batches). Put a piece of scrunched-up foil inside each tortilla to help maintain its shape while baking. Bake for 12-15 mins until lightly browned. Cool completely before removing from the bowls. Set aside.

2 To make the dressing, combine all the ingredients and season to taste, adding more lime juice if needed, then set aside. Put the chicken breasts on a board, cover with a sheet of baking parchment and gently flatten to an even thickness by bashing with a rolling pin or meat mallet. Put the chicken in a large bowl with the chipotle paste and lime juice, stir to coat and leave to marinate for 20-30 mins while you make the salsa.

3 Mix the tomatoes, onion, jalapeños and 1-2 tbsp of the jalapeño brine together in a bowl. Lightly brush oil over a griddle pan and set over a medium heat. Griddle the chicken for 12-15 mins until fully cooked. Remove to a board. Set aside.

4 Slice the chicken, then fill the tortilla bowls with lettuce, avocado, sweetcorn, black beans, chicken and salsa. Drizzle over the chipotle dressing and serve straightaway.

GOOD TO KNOW healthy • folate • fibre • vit c • 4 of 5-a-day

PER SERVING 708 kcals • fat 28g • saturates 4g • carbs 63g • sugars 22g • fibre 14g • protein 44g • salt 1.34g

Thai basil prawns & mango salsa

Mangos are rich in vitamins, minerals and fibre, and a perfect foil to herby, chilli-spiked prawns. This recipe would also work well with chicken, tofu or tempeh.

SERVES 4 **PREP** 25 mins
COOK 30 mins **EASY**

- 300g brown jasmine rice
- 1 tsp sesame oil
- 4 garlic cloves, thinly sliced
- 200g green beans, roughly chopped
- 200g asparagus tips, roughly chopped
- 350g baby spinach leaves
- 300g raw king prawns
- 25g Thai basil
- $^1/_2$ red chilli (deseeded, if you like), finely sliced

For the sauce

- 1 tbsp light brown soft sugar
- 1 tbsp fish sauce
- 4 tbsp lime juice

For the mango salsa

- 1 large mango, stoned, peeled and finely chopped
- $^1/_4$ red onion, finely chopped
- $^1/_4$ cucumber, finely chopped
- small handful of coriander, finely chopped
- 1-2 tbsp lime juice
- $^1/_2$ red chilli (deseeded, if you like), sliced

1 Cook the rice following pack instructions and set aside. To make the mango salsa, mix all the ingredients together in a large bowl. Season and set aside. Combine all the sauce ingredients in a small bowl with 4 tbsp water. Set aside.

2 Heat the sesame oil in a large, deep, frying pan over a medium heat and fry the garlic for about 2 mins until just golden brown, being careful not to burn it. Stir in the green beans and a splash of water, cover and cook for 2-3 mins until almost tender. Add the asparagus tips and stir well, then the spinach. Cover and cook for 2-3 mins to wilt.

3 Add the prawns, basil and chilli and cook, stirring continuously, for 3-4 mins until the prawns are pink and opaque. Stir in the sauce and heat through for another minute or two. Serve immediately with the jasmine rice and mango salsa.

GOOD TO KNOW healthy • low fat • low cal • folate • fibre • vit c • iron • 3 of 5-a-day • gluten free
PER SERVING 416 kcals • fat 4g • saturates 1g • carbs 69g • sugars 15g • fibre 8g • protein 22g • salt 1.65g

Shoot director JORDAN EDMONDS-MOORE | Food stylist JESSICA MCINTOSH | Stylist JO HARRIS

Yogurt, chickpea & spinach curry

This light chickpea curry is made with yogurt to achieve its creamy consistency. I serve it with a half quinoa, half rice mixture for more fibre and protein, but you could instead serve it with brown rice, bulgur wheat, pearl barley or a side salad of chopped onions, tomatoes and cucumber. Buy chickpeas in water without added salt or sugar.

SERVES 4 **PREP** 15 mins
COOK 40 mins **EASY** V

1 tbsp rapeseed oil
1 red onion, finely chopped
1 tsp cumin seeds
2 large garlic cloves, grated
50g ginger, peeled and grated
1-2 green chillies (optional; deseeded for less heat, if you like), finely chopped
300g tomatoes, finely chopped
1 tsp ground turmeric
1 tsp ground coriander
100g natural yogurt
570g jar chickpeas in water, or 2 x 400g cans chickpeas
1 tsp dried fenugreek (optional)
320g baby spinach leaves

For the quinoa rice
100g basmati rice
100g quinoa

1 To make the quinoa rice, rinse the rice well, then put in a large pan with the quinoa and 1.5 litres boiling water. Cook for 12-14 mins, or until tender. Drain and set aside.

2 Meanwhile, heat the oil in a large saucepan over medium heat and fry the onions for 12 mins until soft and lightly browned. Stir in the cumin seeds, followed by the garlic, ginger and half the chilli, if using. Cook for 1 min, stirring continuously to prevent the garlic from burning.

3 Add the tomatoes, turmeric, coriander and a big pinch of salt. Cook for about 15 mins until the tomatoes have softened. Transfer the mixture to a blender. Add the yogurt and blitz until smooth, then return to the pan.

4 Add the chickpeas along with the liquid from the jar or cans (this helps thicken the sauce and give it a glossy finish). Bring to a simmer, cover and cook over a medium heat for 5-10 mins until the oil starts to separate on the surface.

5 Stir in the fenugreek (if using) and spinach and cook until wilted. Add a splash of water if needed to adjust the consistency. Season to taste, then serve.

GOOD TO KNOW healthy • low fat • low cal • calcium • folate • fibre • vit c • iron • 3 of 5-a-day • gluten free
PER SERVING 437 kcals • fat 10g • saturates 2g • carbs 60g • sugars 8g • fibre 12g • protein 20g • salt 0.15g

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Looking for a hotel that surprises at every turn? 25hours Hotel One Central needs to be on your radar

The entrance of 25hours Hotel One Central immediately makes a unique impression - offbeat, bold, and steeped in stories. A restored Emirati race boat, marked with the UAE flag, rests just outside the doors, nodding to local heritage. Inside, the lobby bursts with personality. A towering fountain wrapped in bookshelves houses a glowing globe, while the ceiling comes alive with constellations reimagined by Dominik Bulka, in a playful mural named Under the Same Sky. Nearby, oversized swings invite a pause amid the buzz.

Every corner of the hotel adds another layer to its narrative. Elevators are home to intricate dioramas by Sandra Havemeister, offering miniature scenes of old and new Dubai. From pottery workshops and podcast studios to co-working spaces with skyline views, 25hours offers more than a stunning place to stay.

Accommodation

Rooms feature an analogue upgrade including Polaroids, typewriters and vinyl records, while the first floor's Analogue Circus offers a break from digital life through over 500 vinyls and a working Walkman station. The floor also showcases works by Jalal Abuthina and Tulip Hazbar, who explore memory, collecting, and old Dubai through photos, objects and installations. Their collaboration highlights stories from the city's underground music scene, including The Flip Side - the UAE's only independent record store.

Each floor continues the visual journey. The second and third levels reflect Dubai's Bedouin and pearl diving past with tribal art and desert-inspired design. Rooms echo these influences with hammocks, rainfall showers, vintage bikes and playful details. Suites range from the cosy Glamping Room to the sprawling Hakawati Suite, which includes a triple-king bed, dancefloor and views of the Museum of the Future. Upper floors trace Dubai's evolution from desert to metropolis, ending in futuristic themes and space-inspired works by regional and global artists that align with the Museum next door.

The Artist Village Suite provides a creative hideaway suspended above the city. Spanning 72 square metres between the fourth and eighth floors, the suite combines space and style to feel like a true home away from home. A king-size bed anchors the layout, while a separate living area includes a dining table, a majlis-style sofa, and thoughtful design touches throughout. From the windows, the Museum of the Future curves into view, offering a stunning contrast to the suite's softer, handcrafted interior.

Art-filled panels float like hanging canvases, gently dividing the space while adding artistic flair. The open shelves are curated with artist tools and tactile pieces that give the room a lived-in, expressive feel. Splashes of colour animate the setting, with a red chair in one corner brightening the room. Details like potted plants and a vintage globe lend a sense of personality. The open-plan bathroom includes double showers and a bathtub,

with curtains that can be drawn for privacy. With warm wood tones and soft lighting, the suite balances offers a personal setting for all.

Culinary highlights

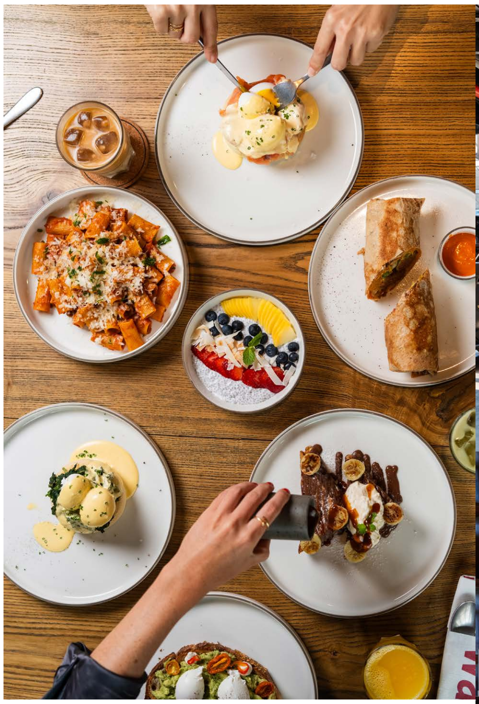
For a late lunch, we headed to Tandoor Tina, where pastel pink interiors and open-flame cooking made for an easygoing, feel-good meal. We started with crisp Onion bhaji served with a truffle aioli and a sprinkle of chives, followed by a spicy Mango salad that balanced sweetness and heat with peanuts, cucumber, ginger and chilli. The Butter chicken was rich and well-spiced, while the Chicken tikka came straight off the grill, smoky and tender. Both were perfect with the Confit garlic naan and the Green chilli & lime butter version, soft, charred and full of flavour.

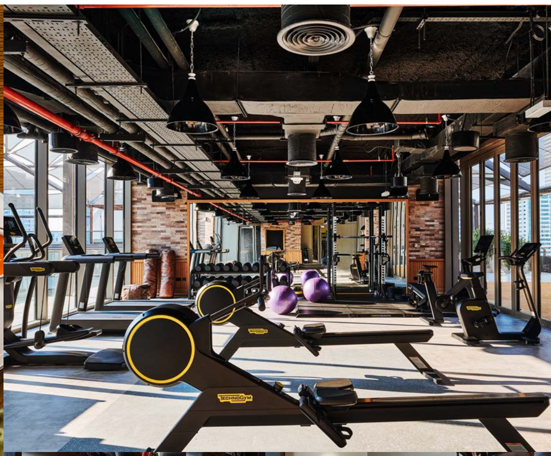
For dessert, the Cardamom milk cake was creamy and fragrant with a crunch of rose and biscotti, while the Coconut kheer paired with mango and mandarin sorbet offered a fresh and cooling finish.

For dinner, we made our way to Ernst, a Bavarian biergarten and wirtshaus where the atmosphere is loud, lively and unmistakably German. We relished in the Beladene Pommes, loaded with cheese sauce and smoky beef brisket bacon, and the Gebackener Camembert, crisp on the outside and melting within, served with a tangy cranberry sauce that cut through the richness.

For mains, the Currywurst "Heiße Paula" delivered classic bratwurst with a spicy curry sauce and a pile of fries, while the Nürnberger Rostbratwürstchen offered a more traditional take with five sausages, sauerkraut, mashed potatoes and beef gravy, with mustard on the side. We ended on a simple note with the Vanille-Eiscreme, a scoop of vanilla gelato topped with mixed berries - light, sweet and just right after a heavy meal.

The sumptuous breakfast at Tandoor Tina featured an extensive buffet offering an array of culinary specialties. Fresh juices, tea, and coffee were readily available, complementing the array of offerings, including succulent chicken sausages, grilled chicken, scrambled eggs, a cheese and breads station, and a variety of salads and pastries. Personal favourites included the flavourful Foul





medames, crispy hash browns, followed by the Chocolate croissant and the Cream cheese danish.

If you're looking for another breakfast and lunch option, Nomad Day Bar is also a solid pick. The menu leans international with an emphasis on all-day breakfast and express lunch options, paired with fresh, homemade pastries and Nightjar specialty coffee. For something light, the açaí bowl is fully loaded with granola, fresh fruits, flax seeds, goji berries and coconut.

Heartier options include the Turkish eggs served on sourdough with garlicky yoghurt, herb-chilli oil and crumbled feta, or the egg Florentine with kale, baby spinach and onions under a rich hollandaise. The Eggs Benedict with smoked salmon and avocado is a classic done right, while the Shakshuka arrives bubbling in tomato sauce, topped with poached eggs, feta and flatbread on the side. For those on the go, meals are prepped fresh and ready to take away.

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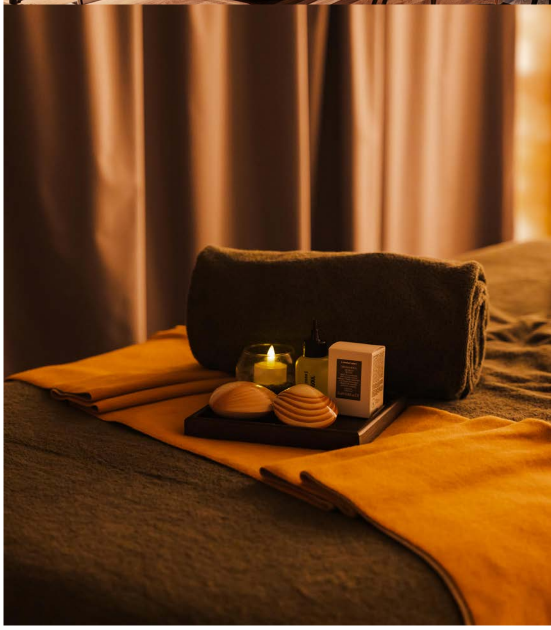
For lunch, don't miss out on the newest desserts at Nomad Day Bar. The Strawberry rose is light, fragrant and just sweet enough, while the Coffee Bean Triple chocolate cake leans richer and darker. The signature Pistachio cake, filled with brigadeiro-style cream and crushed nuts is an all-time-favourite, closely followed by the Dulce de leche cheesecake with its silky texture and slow-cooked caramel notes.



Facilities

25hours Hotel One Central balances high energy with thoughtful wellness offerings. The sixth-floor gym blends indoor and outdoor zones with a relaxed Venice Beach atmosphere, while the rooftop pool and Dubai's first outdoor mixed-use sauna provide calm open-air escapes. The Extra Hour Spa takes a fresh, flexible approach to self-care, offering everything from express fixes to full-length treatments.

My partner and I booked the 60-minute Deep Tissue Massage, designed to release built-up tension and restore body balance. After filling out the standard forms and briefly discussing pressure preferences with our therapists, the session began with deep, focused work on the shoulders and back, gradually moving to the legs, arms, and neck. Each movement felt purposeful, easing knots without discomfort. The treatment ended with a relaxing scalp massage and a few quiet moments in the lounge with tea, leaving us both feeling restored and grounded. The property also houses a salon by renowned stylist Wassim Steve for those seeking a full refresh.

Book now

From AED1,995 per night for the Artist Village Suite. Visit 25hours-hotels.com/dubai/one-central.

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WIN A GOURMET EXPERIENCE FOR TWO AT CAFÉ L'OCCITANE, CITY WALK DUBAI, WORTH AED500

Experience the charm of Provence at Café L'Occitane in City Walk 2, where French elegance meets culinary delight. Enjoy a curated menu featuring dishes such as Pulled Duck Benedict, Salmon & Mango Tartare, Gnocchi Daube, and more. Set within a chic L'Occitane boutique, the café offers a cosy escape with artisanal mocktails and stylish ambience. One lucky winner and their plus one can enjoy an appetiser, two main courses, and a drink (or two).

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WIN A DINING VOUCHER FROM SOYFISH, WORTH AED500

Discover Soyfish, a Vancouver-inspired cloud kitchen serving flame-seared Oshi and modern Japanese dishes exclusively via Deliveroo. Enjoy signature creations including Sockeye Salmon Oshi, Wagyu Foie Gras Oshi, and Truffle Udon Noodles, each made to order using premium ingredients. Known for its bold flavours and elevated approach, Soyfish redefines sushi with a fresh twist.

WIN A DINING EXPERIENCE AT OBSERVATORY LOUNGE, WORTH AED500

Experience the bold fusion of Asian and Latin American flavours at Observatory Lounge, with stunning views of the Palm Jumeirah. Located in the heart of the Marina at Dubai Marriott Harbour Hotel & Suites, enjoy an unforgettable evening of elevated cuisine, mixology, and electrifying beats. Enter now for your chance to win this dining experience.

WIN A DINING VOUCHER FOR PRIME52 STEAKHOUSE, WORTH AED500

Indulge in an evening of perfectly grilled cuts and rich flavours at Prime52, the signature steakhouse at Dubai Marriott Hotel & Suites. Enjoy premium steaks in an stunning setting for an experience to remember.

WIN A LUXURIOUS ITALIAN CULINARY EXPERIENCE FOR TWO AT ARMANI/CAFFÈ, WORTH AED500

Armani/Caffè at Dubai Mall's Fashion Avenue offers a chic setting where classic flavours meet contemporary flair, featuring fresh artisanal pasta and decadent desserts. Perfect for both relaxed afternoons and chic evenings, it promises a memorable culinary experience for all.

ARMANI / CAFFÈ

To be in with a chance of winning these prizes, visit our competitions page on *bbcgoodfoodme.com*, or simply scan this QR code with your mobile to directly to the website.

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